



Healthy Eating

Parent Mini
Guides

The Three Schools

Children have a choice of school dinners or packed lunch in schools. School dinners are cooked freshly each day by Denise at The Three Horseshoes pub in Drayton Parslow. She provides a balanced and nourishing meal for each child that complies with the government school food standards. The school meals use high-quality meat, poultry or oily fish, contain fruit and vegetables and always have bread, other cereals or potatoes. Menus for the half term are emailed to parents.

Ways in which we promote healthy eating:

- Parents are asked to bring a water bottle in and children are encouraged to drink water throughout the day.
- Fresh drinking water is always available from the water fountain and kitchen.
- Parents are encouraged to provide healthy options in their children's lunch boxes.
- Our science and PSHE curriculum gives many opportunities to teach aspects of healthy eating and how to lead a healthy lifestyle.

Other activities we provide for children to have a healthy lifestyle are:

- 2 hours of physical exercise each week in designated PE lessons (KS 1 and 2) and daily physical activities in EYFS.
- Physical activities and cooking skills are on offer each week and on Fab Friday at Swanbourne.
- A range of physical after school clubs, such as dance, multi-sports, football and netball.
- Sponsored events such as the British Heart Foundation Jump Off

We recognise and promote the importance of eating a healthy balanced diet from a variety of food groups to attain maximum nutrition for energy, growth and development. We actively encourage healthy eating and drinking and aim to deliver a consistent message with regard to food and lifestyle choices to help establish healthy eating habits for life.

Breakfast

The first meal of the day is vital for growing children to refuel after going without food for 8-12 hours during sleep.

Breakfast kick-starts the body's metabolism converting food into energy required for mental and physical performance. Enriched or fortified cereals provide a significant contribution to vitamin and mineral intake which may not otherwise be obtained from lunch and dinner alone. Skipping breakfast can make children irritable, restless and tired by mid-morning and less able to concentrate.

Good breakfast choices include fortified low sugar cereals, wholegrain toast, eggs, yoghurt, fruit and fruit juices.

We understand that some children may have little or no time for breakfast in the morning at home, and so we offer **Breakfast Club** before school as part of our Wraparound care which operates on a daily basis.

Food offered is consistent with a healthy diet with a choice of toast and cereals. Children can choose milk or water to drink.

Mid-morning Snacks

EYFS and KS1 have fruit provided daily

KS2 are encouraged to bring a healthy snack.

If bringing in snacks to school, fruit or vegetable sticks are a healthy choice.

After school snacks before dinner is a good way to incorporate further nutrients into a child's diet. Try to keep high fat and sugary snacks to a minimum, instead opting for a healthier choice such as fruit smoothies made with low fat milk, vegetable sticks with houmous dip, nuts and raisins, whole-wheat toast.

The current guidelines for packaged snacks is "Remember to look for 100 calorie snacks, 2 a day max!"

Click the link below for lots more ideas.

<https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids#jH8V5PbUQi12eOff.97>

Lunchtime

School meals provide a substantial contribution to a child's daily nutritional requirements.

Our school dinners are cooked freshly each day and provide a nourishing meal for each child which complies with the government school food standards. The school meals use high quality meat, poultry, and oily fish, contain fruit and vegetables and always have bread, other cereals or potatoes.

Children are encouraged to drink plain unflavoured water at lunchtime.

Packed Lunches

Some children may prefer to have a packed lunch from home instead of a school meal. Please see our separate guide for Healthy recipes and suggestions.