

Blackrod Primary School



Healthy Snack/Water Policy

Approved by: CSSC Committee

Last reviewed on: May 2025

Next review due by: May 2027

Aims

- To ensure that pupils are well nourished and hydrated at school and that every pupil has access to water during the school day.
- To ensure children access a healthy balanced diet at school which supports good dental health
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergenic needs.
- To make the provision and consumption of food a safe experience.
- To reduce plastic waste

Provision of meals and drinks across the School day

All Stars Breakfast and After School Club provide a healthy range of snacks, cereals and toast. Food, which is low in sugar and salt, is provided for the children. Fresh fruit is always an option. Water is accessible at all times for children to drink.

Healthy Snacks at break time

We have a responsibility to promote healthy eating, well-being and dental hygiene.

We cannot allow any nut based products due to a number of children having severe allergies.

- Picasso EYFS Class have snack as part of their continuous provision – this can be paid for termly via parentpay
- EYFS/KS1 all receive a piece of fruit or vegetables everyday as part of the government School's Fruit and Vegetable scheme.
- KS1/KS2 Toast (plain or with butter/spread) can be purchased from the school kitchen termly - this can be paid for termly via parentpay

The following list has been developed in collaboration with the School and Eco council

Children can bring the following items as a healthy snack:

- **A piece of fresh fruit or vegetables**
- **Plain: Toast, bread, bagel, crumpet, crackers or rice cakes.**
(These can have a butter/margarine type of spread)
- **Veggie sticks**
- **Hummus**
- **Cheese spread/cheese**
- **A portion of plain dried raisins, mango, apricots etc**

Water

Children are allowed to bring plain water in a suitable water bottle

This is stored in the classroom for children drink throughout the day.

Items brought into school which are not in line with the policy will be returned