



Newland House School

Snack Policy

1. The School believes that snacks should contribute positively towards a balanced diet for children. By encouraging healthy eating habits from an early stage, children have the best possible chance to avoid health issues such as obesity and diabetes.
2. The School appreciates that snacks play an important role in the school day and offers guidance to parents below as to what snacks may be brought into school. Our aim is to ensure that the snacks children consume in school are in line with current National Food Standard recommendations and help to promote healthier attitudes towards eating amongst the children.
3. All pupils are welcome to bring a healthy, nut-free snack from home for morning break. This could be any of the following:
 - Whole/pieces of fresh fruit for example, banana, apple, pear, satsuma, grapes
 - Pots of sliced/chopped fresh fruit for example, melon, berries, apple
 - Dried fruit (without added sugar)
 - Plain rice cakes, cheese crackers or breadsticks
 - Raw vegetables for example, carrot, cucumber batons, cherry tomatoes
 - Cheese
4. We are aware that some of the older children in Prep may have a bigger appetite than some of the younger children and involved in more intense sporting activities, therefore, they may wish to bring any of the following:
 - Crispbreads, breadsticks, rice cakes (no sesame)
 - Filled rolls, bagels, wraps and sandwiches (no seafood or sugar-based fillings)
 - Bread type products, which are low in fat and sugar, for example, currant and fruit bread, crumpets, teacakes, English muffins.
5. We do not allow any snacks containing nuts due to allergies.
6. If snacks are provided that fall outside the list above, they will be returned home. Parents can find out more about the National Food Standards at www.childrensfoodtrust.org.uk.
7. Pupils should eat their snack in the playground or in their Form Room when there is wet break.
8. This policy will be reviewed every academic year or sooner if changes to legislation, compliance requirements or good practice dictate.