



Parkhead Primary School Healthy Snack Policy

At Parkhead, we aim to promote positive attitudes towards food and healthy eating in line with our curriculum. Our Healthy Snack Policy has been created in collaboration with our staff and pupils.

Pupils will earn **1 house point** each day that a healthy snack is brought in to eat at break time. We recommend only bringing in **one or two small snacks**.

Your child may wish to bring:

- Fruit
- Crackers
- Cereal bar
- Dried fruit e.g. raisins
- Vegetable sticks
- Dry breakfast cereal in a sealed container
- Yoghurt pouches
- Breadsticks

A nutritious snack will not only leave us feeling fuller for longer, but also helps our concentration and focus during learning time. Children should bring a filled water bottle each day.

Please note that we are a **Nut Free School** as some children have severe allergies. Please check food products and particular spreads to ensure they do not contain nuts.

Although we are a Health Promoting School, there may be special events throughout the year where a treat is provided in line with seasonal celebrations. As part of the Health and Wellbeing curriculum, pupils will learn about the importance of consuming a balanced diet and eating certain foods in moderation. If you do not wish for your child to receive an occasional treat item, please inform your child's teacher.

Thank you for your cooperation and support.

