



Healthy Eating  
Guidelines



The rise in childhood obesity and illnesses such as the early onset of type 2 diabetes and heart disease has highlighted the dangers of unhealthy lifestyles. At Alderman Pounder we believe schools have an important role to play in encouraging children to make healthy life choices. Educating children on the benefits of healthy eating and regular exercise can bring about both immediate and long-term improvements to their quality of life.

A healthy diet is essential for maintaining and protecting children's health, for ensuring they perform to their full potential during the school day (both academically and physically) and for their growth and development. Our aim is to help them establish a healthy lifestyle that will continue into adulthood.

Proper nutrition is essential for good health and effective learning. The benefits of Healthy Eating include:

- helps young people develop, grow and do well in school
- prevents childhood and adolescent health problems such as obesity, eating disorders, tooth decay and anaemia
- may help prevent health problems later in life, including heart disease and cancer
- establishing healthy eating habits at a young age is critical because changing poor eating patterns in adulthood can be difficult
- sitting down to a meal with other children is an important part of a child's social education

### **Water**

Research indicates that typical school children do not drink enough water during the school day and this affects their concentration and behaviour. Alderman Pounder recognises that children concentrate better, are healthier and more comfortable if they are properly hydrated, and the best way of ensuring adequate fluid intake is to provide access to water at all times.

All children are encouraged to bring a bottle of water to school. This is kept in an accessible place according to the rules of each particular class. Please do not send your child in with juice.

### **School Break**

At break times children will either drink milk or water. A healthy snack (fruit or vegetable) is available to everyone, free of charge.

### **School Dinners**

Children can be sent with fruit juice or diluted squash to drink at the start of their lunch if they are having school dinners.

### **Packed Lunches**

If children are not having a school dinner, we encourage all parents/carers to send in a balanced, healthy packed lunch. This should not contain sugary or fizzy drinks, chocolate or sweets. Fruit juice or diluted squash can be sent in as part of a packed lunch. All uneaten food is kept in the lunch box so parents can keep a check on what their children have eaten. If you would like advice on what to send in please do not hesitate to get in touch with our Child and Family Support Worker, who will be happy to help.

**Sweets, chewing gum and fizzy drinks are not allowed in school.**

### **We are a nut-free school.**

This is really important as we can have children and/or staff with serious nut allergies.

### **Treats (including Birthday Treats)**

We recognise that treat foods can make up part of a well-balanced, healthy diet, when consumed in moderation. On special occasions, teachers may provide the children with a sweet/chocolate snack.

Children wishing to give their classmates a 'treat' on their birthday may do so provided it is shop bought and individually wrapped. These will be handed out at home time for consumption outside of school, at parents' discretion.