



HEALTHY SNACKS POLICY



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*"Small school, big hearts.
Wise, responsible, kind like the Good Samaritan."*

Our Mission Statement

We are a caring, village school which promotes Christian values, where each child receives a high standard of education that is broad, challenging, exciting and encourages creative thinking. We encourage every learner to be the best they can be, to reflect and plan the next steps in their learning journey, demonstrating a respect towards others and contributing to the communities of which they are a part.

Our Vision

Our vision is to nurture unique individuals who are outstanding learners, demonstrating wisdom, responsibility and kindness within their communities. Using the Good Samaritan as our role model, we know that loving others as we would want to be loved is upmost for happy, healthy lives.

Values

Wise - we think wisely and are committed to learning. We relish and retain knowledge and value high standards. We have high expectations, high aspirations and enjoy challenge. Like the wise man who built his house upon the rocks (Matthew 7), we think creatively and use learning to make good decisions. We have firm foundations for our lives.

Responsible – we are responsible for ourselves – our well-being, our behaviour and our learning. We strive to be the best people we can be and the best person for others. We have a responsibility to others inside and out of school and at times need to be patient, tolerant and courageous in demonstrating this. As Noah had to step up when God asked him to, so must we. We are a school family whose strength is in our ability to work together. We know that perseverance and hard work will bring reward and that resilience is about coping with challenges positively.

Kind - we are kind. Through support, nurture and understanding we all flourish. Each one of us is unique – on the outside and inside. We value diversity and respect difference. There are hundreds and thousands, millions of us but God knows everyone and God knows me!

Curriculum Intent

Our curriculum is designed around our Christian values. Each term, we focus on 3 values across the school and develop a working understanding of them through our choice of texts and foundation subject learning, embedding reading and maths at the core. Our approach is to deliver knowledge rich, sequential learning which excites and inspires, provides opportunity for recap and challenge, raises questions for debate, develops learners' confidence and enables independent learning to flourish. High standards, collaboration and valuing individuals' well-being is at the heart of this process. We believe that how we teach is as important as what we teach and that enrichment experiences are an entitlement. We want our curriculum to enable our children to be wise, responsible and kind in line with our school core values.



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Introduction

At Buckland, one of the objectives of our PSHCE curriculum is to promote a healthy lifestyle. We are told each day to eat less sugar and fat as well as to eat five portions of fruit and vegetables per day (or more!). As of 2018, Health care professionals are advising 2 healthy snacks (of no more than 100 calories each) a day. Children are provided with a healthy lunch either by our school meals or their healthy lunchboxes which are provided by parents. This policy ensures that their snacks are healthy too.

Acceptable Snacks

It is too long for children to go from breakfast time to lunch without a snack and so parents are asked to send in fresh or dried fruit and vegetables for daily snacks which the children eat at morning break. Although some healthy biscuits are suitable to eat, the difference between healthy and unhealthy biscuit snacks is difficult to enforce and so we ask that no biscuits and cereal bars are eaten at break time. These may be eaten at lunchtime as part of a packed lunch. Yoghurt-covered fruit such as fruit flakes should also only be eaten at lunchtime, as these are high in sugar despite being made from fruit. If children prefer they can bring plain rice cakes, oatcakes or bread sticks.

Early Years / KS1 Fruit

Key Stage 1 and Foundation Stage children already have fruit or vegetables provided for them by the daily fresh fruit scheme.

Hydration

We recognise that children learn better when they are kept hydrated during the day and so all children are encouraged to bring a bottle of water to keep in the classroom / cloakroom ensuring access to fresh water at all times. Children are also able to use sinks outside their classroom to access fresh water should they need it. Children are not allowed to have squash inside their bottles due to the sugar content and its effect on teeth when a meal is not taken with it. Squash may however be drunk at lunchtimes.

Monitoring

Staff and children on the playground monitor the snacks that are consumed, ensuring that only fruit and vegetables (rice cakes and bread sticks) are eaten. If a child has a different snack they will be reminded of the policy and asked to bring something different.