

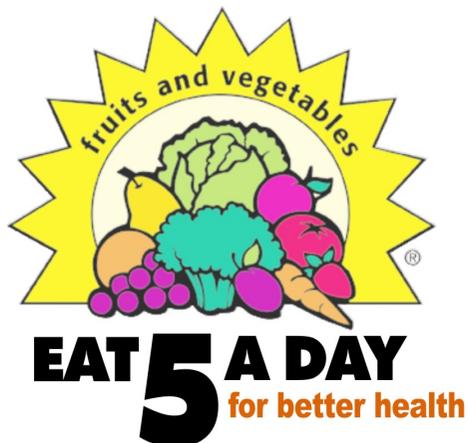
Healthy Play Time

Healthier alternatives to sweet snacks

- Chunks of melon, strawberries, grapes or whatever you have to hand. Look out for fruit that's in season, it's likely to be cheaper
- Fruit loaf, banana bread, fruit muffins
- Dried – how about just a few pieces of mango, banana, pineapple, cranberries or raisins?

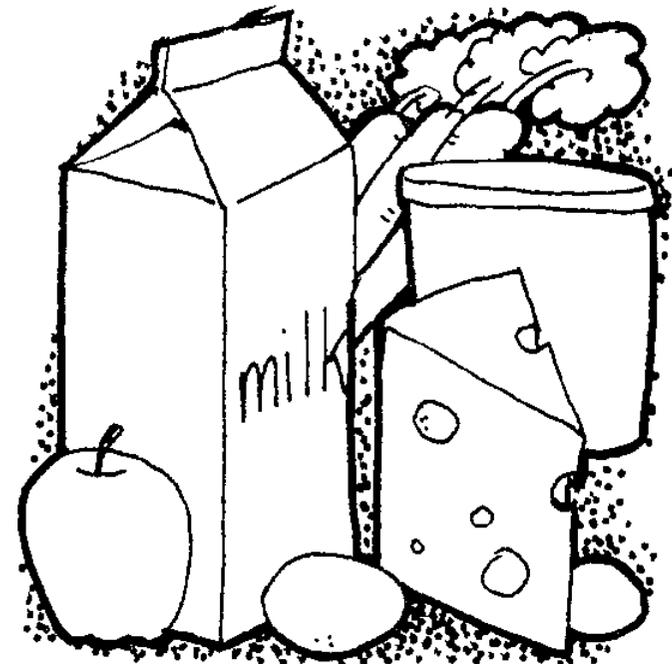
Healthier savoury snack ideas

- Pumpkin and sunflower seeds
- Pitta and lower fat dips like salsa or reduced fat hummus
- Rice cakes with lower fat cream cheese and cucumber
- Celery sticks filled with lower fat cream cheese



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Healthy Eating

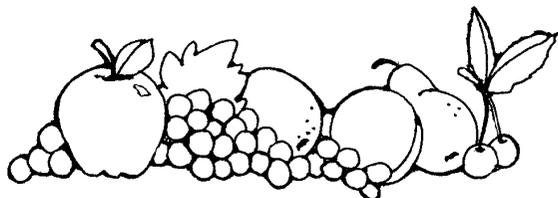


**A guide to snacks,
drinks and lunches at
Fairholme School**

A Healthy Fairholme Family

We are committed to teaching children about healthy lifestyle choices at Fairholme School, and work hard to promote healthy diets and exercise.

Healthy snacks and drinks at play time



Children in Nursery, Reception, Year 1 and Year 2 receive free fruit at play time. Children in Years 3-6 (Key Stage 2) may bring a healthy snack to eat at morning play time – this could be a piece of fruit, vegetables or a cereal bar. **Please avoid nuts, chocolate, biscuits, crisps and other snacks with high levels of sugar or fat.** We encourage all children to bring a water bottle, filled with water or diluted fruit squash. During the day, the children are able to fill their bottle, at play time and lunch time, with fresh water from our special water coolers. It is really important your child has a bottle so that they can collect water from the cooler – for hygiene reasons, we do not have cups available. Please ensure your child's bottle is labelled with their name.

"No chocolate, crisps or sweets – save these as a special treat!"

Healthy Packed Lunch Ideas

Have a look at some healthy lunch ideas on the Children's Food Trust web site

<http://letsgetcookingathome.org.uk/get-cooking/perfect-packed-lunches>

School dinners and packed lunches

Children at Fairholme may bring a healthy packed lunch to school, or order a school dinner. The dinners are cooked on site in our kitchens, by a catering company – Chartwells. Our dinners cost £2.00, and a copy of the current menu is available from the school office. Each day, there are at least three different choices, and sometimes four – a meat option, a vegetarian option, an alternative option (usually a jacket potato) and on most days there is a halal option. There is also water available for children in the dinner hall, or they can bring their drink bottle into lunch with them.

If your child is in Reception, Year 1 or Year 2, s/he is entitled to free school dinners, under the government's new Universal Free School Meals scheme for all children up to the age of seven.

If you are in receipt of certain benefits, your child will be entitled to free school meals beyond the age of seven too – please complete a form from the school office. This also helps the school with Pupil Premium funding – so even if you don't want your child to have school dinners, it will help us if you could still complete the form.

We are a cash-less school, and all school dinners must be paid for through Parent Pay.

