

Reminders

Water Bottles

- Bottles should contain only water.
- Bottles should be named.
- Bottles should be taken home daily for cleaning and refilling.

Snacks and Lunch Boxes

- To encourage healthy eating we would prefer that foods were chosen from the 'brain food' category.
- For health reasons, the sharing of food is not allowed.
- Snacks must be kept separately from lunch boxes.

Birthday Treats

To help promote our 'Healthy School' status if, and there is no compulsion, parents want to bring in some treat for the class in celebration of their child's birthday, then a rather nice idea is to bring in a book, instead of sweets. This book could be new or one in good condition. The teacher will put a special label inside commemorating the event and acknowledging the donation. This book will be read and enjoyed by the class and longer lasting as a birthday treat!

We hope you will support us on this idea.

Nut Allergies

Snacks and packed lunches should be free of nuts as we have children in school with nut allergies.



Templewood School



Leaflet for parents

Healthy Snacks and Lunch Boxes

As part of our school development in adopting the Healthy Schools initiative, we are promoting healthy eating in school by encouraging healthy snacks and lunch boxes.

Research shows that in order for the brain to take in and process new information, children need to be in a good physical state for learning. This means we need to 'feed' our brains with the best possible food.

Water

Recent studies show that people learn better if they drink plenty of water. Dehydration leads to inattention, drowsiness and poor learning performance.

In school children have access to fresh water at all times.

We encourage children to bring their own named water bottle which should be taken home and washed daily.

Types of Food

The children are being introduced to the idea of 'brain' food and 'strain' food:

Brain Food: food which is good for your and helps you learn. Most of our food should be of this type:

Strain Food: food which does not help us learn. This may be sugary or contain a lot of fat. We should only have a little of this type of food.

Examples of Brain Food and Strain Food

Brain Food	Strain Food
Fresh fruit: Apples, banana, pear, satsuma, grapes etc	Crips
Dried fruit: Raisins, bananas, apricots, sultanas etc.	Sweets
Raw vegetables: Carrots, cauliflower, broccoli etc.	Chocolate
Salad: Cherry tomatoes, celery, cucumber etc.	cake
Crackers/bread: Breadsticks, savory crackers.	Sweet biscuits
Any vegetables, salad or fruit should be ready to eat.	

Providing Snacks

Children in Key Stage 1 and EYFS already have fruit each day as part of the Government health scheme.

Key Stage 2 children are able to eat snacks during morning break time. If you wish to provide your child with a snack, please send something healthy.

We ask you also to bear health in mind and the idea of 'brain' and 'strain' foods when making up lunch boxes and snacks for children.

