

# St Martin's Healthy Snack Policy 2022



We've created this policy so people know what healthy snacks to bring and to help children make good choices.

## How does having a healthy snack link to our rights?

Every child has the right to the best possible health. **Right 24**

Every child has the right to a standard of living that is good enough to meet their physical and social needs and support their development. **Right 27**

## What do we want to achieve?

At St Martin's we want all of our children to be healthy. We want them to learn, grow and develop to reach their full potential.

We have created a recommended list of snacks to help you make healthy choices:

- |                             |                   |                          |
|-----------------------------|-------------------|--------------------------|
| *Fruit                      | *Vegetable Sticks |                          |
| *Yoghurt                    | *Cereal Bar       | *Baked Crisps            |
| *Plain biscuits (digestive) | *Dried Fruit      | *Breadsticks or crackers |
| *Cheese                     | *Sugar Free Jelly |                          |

Each day children will be able to gain an extra point for their house by bringing in a healthy snack. At the end of the term the house with the most points will participate in a Healthy House Celebration.

## What to drink?

Learning can be thirsty work – we encourage all children to bring a labelled water bottle with them to school. Milk can also be ordered per term. For any special dietary arrangements please contact Mrs Davies.