



Learning together, growing together

Dorin Park School and Specialist SEN College

09.02.23 – Snack and Lunch + Healthy School Food Policy

Dear Parents and Carers,

Please could I ask that you read the extracts below from our Healthy School Food Policy.

We have noticed that some pupils are bringing in chocolate, sweets, high sugar juices and energy drinks to school for snack and at lunch time. These items must not be brought into school unless your child has been directed by a medical professional in relation to a high calorie diet or similar. Any child found with energy/fizzy drinks in school (without a medical reason) will have these removed and returned to them at the end of the school day.

Yours sincerely – Lucy Lee (Headteacher)

Snack (mid-morning break)

School will provide snacks that adhere to the national School Food Standards.

Snacks brought in from home should be: fruit, vegetables, seeds, yoghurts, plain crackers or breadsticks or fruit-based desserts containing at least 50% fruit.

KS1 pupils are entitled to free fruit and vegetables at break time.

Other key stages have a choice of healthy snack options available at the school canteen. The snacks offered include white and wholemeal toast, crumpets, fruit and yoghurts.

The following should not be brought into school unless otherwise directed by medical professionals or through discussion with the school nurse for those pupils that require a higher calorie intake:

- *chocolate, chocolate-coated products, confectionery (sweets), cakes, biscuits*

Packed lunches

Packed lunches prepared by our catering team adhere to the national School Food Standards.

Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery (sweets).

No confectionery (sweets), chocolate or chocolate-coated products.

We encourage home packed lunches that meet the national standards and our Healthy School Food Policy. The packed lunch should contain a carbohydrate (e.g. sandwich with a healthy filling) and pieces of fruit or vegetables. Children should bring in water or fruit juice. (Water is also available at lunchtimes in the hall.)

Any food left in home packed lunch boxes will be sent home. Appropriate storage arrangements are in place to store home packed lunches.

We will monitor home packed lunches and raise awareness of the healthy choices available if the need arises.

Healthier drinks

The health benefits of drinking water are widely known. In line with the national School Food Standards, the whole school community has access to free, fresh drinking water throughout the school day. Any other drink should comply with the national School Food Standards.

The only drinks permitted by the national School Food Standards are:

- *Plain water*
- *Lower fat milk*
- *Fruit or vegetable juice (max. 150 ml)*
- *Fruit or vegetable juice mixed with water*
- *Yoghurt drinks*
- *Tea, coffee and hot chocolate (without added sugar)*

Head Teacher – Lucy Lee

Wealstone Lane, Upton, Chester, CH2 1HD | 01244 470134 | admin@dorinpark.cheshire.sch.uk