

HEALTHY EATING POLICY.

The NDNSP wishes not only to encourage healthy eating habits amongst the children but also to help them to build good habits.

Within school hours we are therefore revising our Healthy Eating Policy to say

It is the school's policy:

- that there should **be no nuts** in any child's lunch box as we are aware of a number of children whose health would be put at serious risk by being in the proximity of nuts.
- that foods with a high sugar and or additive content and crisps are not allowed as part of a school lunch (sweets, cakes, chocolate, biscuits, fizzy drinks etc.)
- to return home any uneaten lunch so that parents know what their child has / has not eaten.
- that children do not swap their lunches.
- that fruit and milk is provided for our children so that they always have a healthy lunch available to them.

From time to time teachers may organise age appropriate cooking classes with their children - which may include baking.

From time to time on special occasions, for example a school tour or school celebration, the staff may allow children to have a small treat.

This policy was reviewed and ratified in January 2015. It is to be reviewed in the school year 2018/2019 and all submissions will be taken into consideration.