

HEALTHY EATING AT THE FIRS

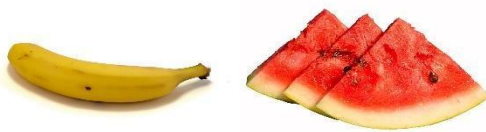
At The Firs, we believe that education about health issues is very important for the development of our children. We understand the link between a healthy diet and the ability to learn successfully, whilst providing the children with the fuel they need to thrive!

The school can play a significant role as a part of our community, to promote healthy topics. We are also involved in the School Fruit and Vegetable Scheme. Every child in Reception and Key Stage 1 is encouraged to have an extra piece of fruit or vegetables each day during afternoon playtime.

We fully embrace this and we hope to improve the health of the school community, by teaching ways to initiate and maintain healthy eating habits.

BREAK TIME SNACKS

For a healthier snack at break time, we have put together a list of healthy and enjoyable snack suggestions that the children are welcome to bring into school:



FRUITS

Satsumas
Pears
Bananas
Apples
Cherry tomatoes
Grapes
Peaches
Strawberries
Raspberries
Blueberries
Nectarines
Melon slices
Dried Fruit - cranberries,
Goji berries, raisins,
apricots or mixed dried
fruit

SUGGESTED SWAPS!!

~~Sweets/Chocolate~~ - swap for - Fruit or Vegetables

~~Cakes & Pastries~~ - swap for - Fruit Bread or Malt Loaf

~~Salted Snacks/Crisps~~ - swap for - Rice Cakes, Oat Cakes or Breadsticks

PLEASE DO NOT INCLUDE ANY SWEETS, CHOCOLATE OR ANYTHING CONTAINING NUTS FOR YOUR CHILD'S SNACKS.

CARBOHYDRATE

Breadsticks
Crackers
Crostini
Oatcakes plain or fruit flavoured
Rice cakes plain or fruit flavoured
Malt loaf
Fruit bread

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Thank you for your support, together we can help to keep our children healthy!

BIRTHDAYS

As part of our effort to encourage healthy eating and in response to feedback from Governors and parents, including at our recent parent forum, we have decided to change the way we mark children's birthdays from now on.

Previously, we often gave out sweets and chocolates that were brought in by parents to give out to the class, to mark children's birthdays. Whilst we talk to the children as part of the curriculum, about the fact that treat food is ok as part of a balanced diet, this practice can sometimes lead to children getting these treat foods given out quite regularly, when a lot of class birthdays come up one after another!

For this reason, we have decided that we will not give out 'birthday treat' foods any longer and ask that parents don't bring these into school. It is also probably best not to give these out outside the classroom either, as many parents have expressed that this leads to children having lots of additional treat food that they might not wish their child to have (but it is hard to say no when all the children are getting one!) In addition, it would be more difficult for parents and children who attend Kids' Club.

The School Council have been discussing this and the importance of us all trying to eat healthily and each class is going to look at how they can celebrate birthdays through the year (many already do) in other ways.

Thank you in advance for your support with all this, which is greatly appreciated.

CARBOHYDRATE

Breadsticks
Crackers
Crostini
Oatcakes plain or fruit flavoured
Rice cakes plain or fruit flavoured
Malt loaf
Fruit bread

PROTEIN

Cheese Strings
Mini Babybel
Cheese chunks

VEGETABLES

Carrots
Sliced peppers
Mini cucumbers
Sugar snap peas