

Healthy Playtime Snack

Healthier alternatives to sweet snacks

- Chunks of melon, strawberries, grapes or whatever you have to hand. Look out for fruit that's in season, it's likely to be cheaper
- Dried fruit – how about just a few pieces of mango, banana, pineapple, cranberries or raisins?

Healthier savoury snack ideas

- Pumpkin and sunflower seeds
- Pitta and lower fat dips like salsa or reduced fat hummus
- Rice cakes with lower fat cream cheese and cucumber
- Breadsticks
- Celery sticks filled with lower fat cream cheese
- Small amount of chopped up pieces of cheese

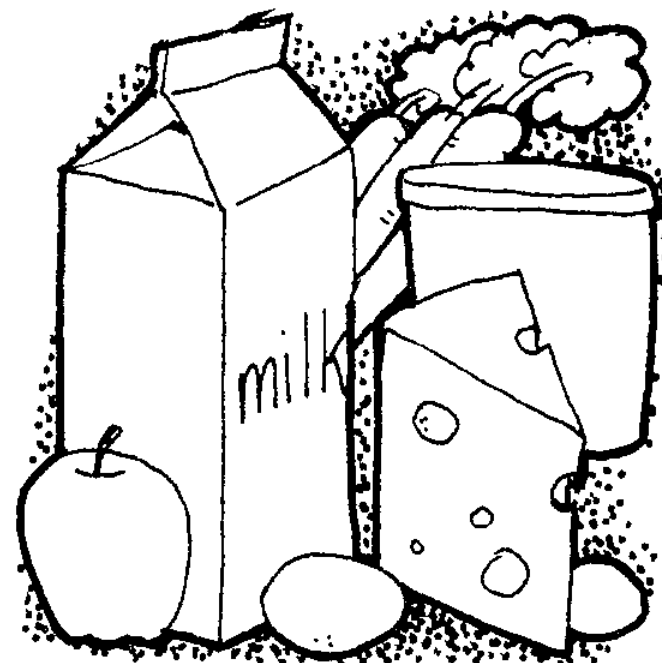
Foods we ask you **not** to include:

- Biscuits and cakes
- Crisps
- Cereal bars
- Chocolate and sweets
- Nuts
- Baked goods such as croissants, crepes, brioches, pastries, etc



Updated March 2023

Healthy Eating

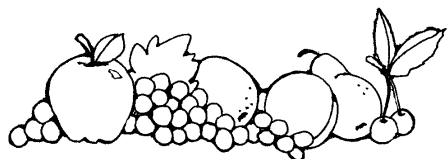


**A guide to snacks, drinks,
milk and lunches at
Fairholme Primary School**

A Healthy Fairholme Family

We are committed to teaching children about healthy lifestyle choices at Fairholme School, and work hard to promote healthy diets and exercise.

Healthy snacks, milk and drinks



Children in Nursery, Reception, Year 1 and Year 2 receive free fruit at play time. Children in all year groups may bring a healthy snack to eat at morning play time. Please avoid nuts, chocolate, biscuits, crisps and food with high levels of sugar or fat. **All children are asked to bring a water bottle, filled with water or diluted fruit squash** (but not fizzy, energy and 'brand' drinks). During the day, the children are able to fill their bottle with fresh water from our special water coolers. **It is really important your child brings a drink bottle every day** so that they can collect water from the cooler – for hygiene reasons, we do not have cups available. Please ensure your child's bottle is labelled with their name. If you would like your child to have milk at school, please register on the Cool Milk web site <https://www.coolmilk.com/>.

"No chocolate, crisps or sweets – save these as a special"

Healthy Packed Lunch Ideas

Have a look at these healthy lunch ideas:
Perfect packed lunches
<https://www.childrensfurniture.co.uk/perfect-packed-lunches>
and cheap lunchbox ideas
<https://www.childrensfurniture.co.uk/cheap-lunchbox-ideas>

School dinners and packed lunches

We provide all children in Reception, Year 1 and Year 2 with a **FREE** school dinner – they do not bring packed lunches. Our varied and healthy menu includes sandwiches and jacket potatoes as well as a range of cooked menu options every day. We hope as many older children as possible will also take up school dinners. Children in Years 3 to 6 may bring a healthy packed lunch to school if necessary. The dinners are cooked on site in our kitchens and cost £2.25 for children in Years 3 to 6 (free for younger children). A copy of the current menu is available from the school office and on our web site. Each day, there are different choices, including meat and vegetarian dishes, and we also offer a halal option. There is water available for children in the dinner hall, or they can bring their drink bottle into lunch with them.

If you are in receipt of certain benefits, your child will be entitled to free school meals – please complete the application online here https://www.hounslow.gov.uk/info/20025/schools_and_colleges/61/free_school_meals. This also helps the school with Pupil Premium funding – so even if your child is younger and is provided with a free school meal, please apply. We are a cash-less school, and all school dinners must be paid for through Parent Pay.

