



Lunch Box and Snack Information

from
The Pupil Healthy School Committee



Our **Pupil Healthy School Committee** has been working to try and encourage **everyone** to eat more healthily at school and for Oakwood to be a **Healthy School!** What we eat at breaktimes and for lunch can really affect how we **concentrate**, too!

Although we need **some** sugar in our diet, not all sugars and sweets should be eaten in school or as part of our packed lunches.

Breaktime Snacks

Pupils have decided (and we agree!) that breaktime snacks should be **fresh/dried fruit or vegetables** only. This already happens in Year R and Key Stage 1, where fruit and veg are provided free. Lunch items, such as biscuits, bars or crisps, **will not be allowed** at breaktimes.



Lunches

Our Pupil Healthy Schools Committee would like all children to have school dinners.

If you are sending a lunchbox in instead, please remember that **some things** are allowed and some things **aren't**.

- We provide water at lunchtime, so drinks in lunchboxes aren't necessary.
- If you want to provide a drink, please provide a low-sugar option. No fizzy drinks!
- Cakes, biscuits and cereal bars **are allowed** to be part of our lunch.
- **But** there is a difference between 'confectionery' and cakes and biscuits.

Items bought in the confectionery aisle in the supermarket, such as chocolate bars and sweets, **should not** be brought into school.



Nuts and other allergens

Oakwood is **not** a nut-free zone, because no school could ever guarantee that. We do ask that you consider pupils for whom nuts could be life-threatening, and do not send nuts or nut products into school. We follow the advice of the Anaphylaxis Campaign to develop awareness through education.

Water Bottles

...should contain plain water only. (No squashes, cordials, smoothies, flavoured waters etc.)

We sell cheap, tough water bottles in school. Expensive ones sometimes get lost, especially if not named.

Please do your bit to keep Oakwood a Healthy School!