



## Snack Time Policy

We at St Thomas' C E School are driven by the Department of Education and Children's Healthy Futures and Lifestyles initiative.

We want the snack time the children have to be part of their continual social education. It is a great opportunity for children to communicate with each other and share experiences as well as news.

### **Time of snack**

Snack time will take place in the school from 10.20 am - 10.30 am KS1 and 10.25 - 10.35am KS2

### **Where does snack time take place?**

Snack time takes place in the classroom with the children seated at chairs round their tables under the supervision of the teacher or a support worker.

## **Snack Content**

The snacks must be healthy and no chocolate, biscuits, sweets, cakes or crisps are allowed at this time of the day.

Examples of snacks - fruit, vegetables, dried fruit, fruit bars, savoury crackers, cheeses, yoghurt. The list is not exhaustive. **It will be left up to parents as to what they feel a healthy snack constitutes for their child**, but as mentioned above no chocolate, biscuits, sweets, cakes or crisps are allowed at snack time as these cannot be considered healthy.

**Please do not provide nuts.**

## Exceptions

1. A child's birthday where cake or treats are brought in.
2. Medical reasons - The parent needs to contact the Headteacher in this case.
3. Left over party food at Christmas where children are given this as a Christmas treat.

## Drinks

**Children are allowed to bring in fruit drinks and water for snack times. Children are also provided with milk and juice by the school at a minimal cost.**

Water is provided all day at school and children can fill water bottles up with this from the fresh water fountain in Foundation classroom. Water can be drunk throughout the day even in lesson times.

Fruit drinks can **only** be drunk at snack time and lunchtime.

Fizzy drinks and energy drinks **are not permitted** at anytime in the school.

Mrs C Manser

7/1/16