



WEST TYNE FEDERATION OF SCHOOLS



Pack Lunch Policy 2026/2027

Summary of Snack Policy for Parents/Carers

Why?

- At the West Tyne Church Schools Federation, we believe our pupils should have a say in what they eat and give them the opportunity to look after their health, now and in the future. Over the past term, our School Council has led on the content of this policy; investigating what we do currently and what they think (in consultation with their classes) we should eat during snack times.
- In partnership with families, we need to educate our pupils about healthy eating and healthy lifestyles. We are required to make sure children eat healthily when they are at school and this is an important aspect of our Healthy Schools Award.
- There is increased evidence that childhood obesity is increasing and complications associated with this makes children prone to a range of problems/illnesses.

Health effects of a poor diet/being an unhealthy weight include:

- Poor growth
- Obesity
- Poor concentration and behavioural problems, which may have an impact on a child's learning.
- Type 2 diabetes
- Tooth decay
- Increased risk of picking up illnesses (which affects attendance)
- Lack of energy and poor concentration (which affects learning)

During School Council sessions and in discussions thereafter with their class cohort, our children have agreed these guidelines for snack times:

<u>Things we see:</u>	  <u>would like to</u>	<u>These items are NOT allowed:</u>
• Variety of fruit • Variety of vegetables • Dried fruit • Water or sugar free cordial • Breadsticks • Crackers • Cheese • Squeezy yoghurts e.g. Frubes • Rice cakes • Cereal bars • Dairylea Dunkers		• Fizzy drinks or sugary juice • Sweets (including fruit winders) • Chocolates bars/anything containing chocolate • Yoghurts in pots • Crisps • Cakes • <u>No nuts of any description</u> Waste and Disposal It is important to use the school bins provided to keep our environment clean and safe.