

## **Healthy Pack Lunch**

A healthy lunchbox should help to improve your child's attention and learning throughout the day and into the afternoon. It should provide one third of your child's daily requirements of nutrients.



It should contain:

- A source of protein to keep children alert.
- Complex carbohydrates for slow-release energy.
- Calcium for growth, healthy bones and teeth.
- Fruit and vegetables for vitamins and minerals.

### **Protein**

Make sandwiches using protein fillings such as chicken, egg, ham, tuna or cheese or make salads such as Chicken salad or Tuna pasta salad.



### **Carbohydrates**

Complex carbohydrates release calories slowly and help to keep up energy levels and concentration. In contrast, refined carbohydrates (such as those in white bread, biscuits or cakes) only provide instant, short-lived energy. Choose complex carbohydrates such as wholemeal bread, pasta, banana or rice.

### **Calcium**

Include dairy products in your child's lunchbox such as cheese, milk, yoghurt, yoghurt drinks, smoothies and milkshakes are all excellent sources of high calcium for the development of your child's teeth and bones.

### **Fruit and vegetables**

Colourful and crunchy fruit and vegetables are an important and enjoyable part of your child's diet. Both vegetables and fruit contain essential vitamins, minerals and nutrients that are important for their health, growth and development

# Knocknagoney Primary



## Healthy Eating School



At Knocknagoney Primary School we recognise that good health is vital and healthy eating, being one of the many contributors to this, can influence physical, mental and social wellbeing.

We are dedicated to being a 'Healthy Eating School' and helping each child understand the importance of achieving good health.

### The School aims to:

- Raise awareness of the concepts of `healthy eating` and balanced diet through curriculum subjects and Teacher/pupil discussions.
- Develop a positive attitude towards eating habits.
- Provide opportunities within school to pursue a healthy diet.
- Help children to understand that some foods should be eaten in moderation.

### Implementing Whole School Healthy Eating Policy

- Children are physically, mentally and emotionally healthy.
- Children are making informed choices about their break, pack lunch and school dinners.
- Children understand the need for a balanced diet, understand the term in moderation.

### Healthy Break

#### **Nursery to P3**

Classes are provided with healthy snacks as part of a small weekly cost to each child. Each child is given a piece of fruit, vegetable or bread based snack each day.

#### **P4 to P7**

Classes are encouraged to bring healthy breaks to school consisting of milk or water alongside fruit, vegetables or bread based snack. The pupils are awarded house points for their break from Monday to Thursday and on Friday it is `Treat Day`.

### Nut Free Zone

At K.P.S we are a nut free zone due to the potential dangers of allergies within our school. Please check the food content of any food sent into school with your child.

### *Suggested Healthy Break ideas:*

- Dried fruit- raisins, banana, sultanas, figs, dates
- Fruit- strawberries, blueberries, orange, apple, banana, peach, pineapple, kiwi
- Fruit loaf, bread sticks, rice cakes

### Milk



Milk is available to all children at a small cost and is delivered to each class for break time.

### Water

Children have access to free and fresh water throughout the day from our water fountain. Children are encouraged to bring their own water bottles into their classrooms and are allowed to drink **water** whenever they feel thirsty throughout the school day.

### Healthy Break Chart



Your child's healthy break will be recognised through class dojo points.

**2 points**- Healthy break (any fruit or vegetables)

**1 point** – Mostly Healthy (yogurt, cheese, pancakes, brioche, bread sticks)

**0 points** - Unhealthy (chocolate, cake, crisps, sweets)

**Fizzy drinks are not permitted in school.**

### Key Stage Two

Points will be recorded each day (Monday-Thursday) and counted on a Friday. The healthiest class with the overall highest average will be awarded the Golden Carrot Award this includes; extra choosing time or a suggested class teacher activity.

### Allergies, Vegetarians, Religious Needs

All individual food needs are brought to the attention of the kitchen staff, lunch time supervisors, teachers and classroom assistants.