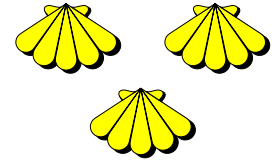


# High Wych C E Primary School

Founded in 1861



## Healthy Eating at High Wych CE Primary

### **School Dinners**

Herts Catering Ltd provides our school dinners with the details shown on their menu – they have a Summer and Winter menu. There is a choice of desserts each day, including sponge cake, fresh fruit, custard etc and a salad bar. They have water available each lunchtime and they are asked to finish their drink before they leave. Packed lunches comprise the roll choice of the day, fruit, veg and a carton of juice, but no choice of dessert - this is generally a biscuit or sponge cake. Children have to ask to eat their dessert once they have completed their first course to try and ensure they eat well each day and then ask to leave at the end of their meal. If children don't eat a lot this is relayed to the parents either via the class teacher or by a phone call to resolve issues quickly.

Herts Catering sometimes offer parents sessions either during lunchtime or at parents evenings so they can see the quality of food available.

See [www.hertscatering.co.uk](http://www.hertscatering.co.uk) for more information.

### **Snacks**

Snacks in school are provided via the Government fruit and veg scheme in Early Years and Key Stage One. When they get to Key Stage Two children are only allowed to bring in fruit and veg for their snack. Children can have milk if it has been ordered otherwise water only is available throughout the day. Children are encouraged to bring their own water bottles for parents to fill daily. We don't allow any juice in water bottles.

### **Cooking in class/After School Club**

Any cooking that they do in class is generally linked to their topics – these are usually linked to learning about Healthy Eating. In Reception or After School Club, if biscuits and cakes are made, these are generally sent home for parents to decide when best for the children to eat them.

### **After School Club**

A healthy snack is provided each day from a varied choice. Fruit and veg and fruit juice or water is available during every session.