



ENGLISH MARTYRS CATHOLIC PRIMARY SCHOOL

SCHOOL SNACK POLICY

Date of Approval	18.09.2025
Date of Next Review	18.09.2026
Review led by	Head Teacher
Approved by	FGB
This Policy should be read in conjunction with the following documents	Allergy Policy
Notes	Annually



School Mission Statement

Our Mission statement demonstrates our commitment to inclusion at English Martyrs school:

To accept each individual as they are and to enable them to develop their full potential within a Christ-centred, worshipping community in a spirit of love, happiness and understanding

'A Learning Community in Christ'

School Snack, Water and Lunch policy

At English Martyrs Catholic Primary School, we believe that the first years of education are a vital time for children to develop lifelong habits, and that establishing patterns of healthy eating are crucial. The food choices children make (or that their parents / carers make for them) during these formative years can significantly influence their physical development, concentration, and overall well-being, both now and in the future. Healthy eating is explicitly addressed within Relationships, Sex and Health Education (RSHE), Science, PE and Design and Technology curriculum, and is an aspect of our teaching that parents can actively support.

In addition to promoting personal health, our approach to snacks also reflects our commitment to caring for the world around us. Inspired by the values of *Laudato Si'*, we recognise our shared responsibility as stewards of the Earth. This means making thoughtful choices that not only benefit our children today but also protect the environment for future generations. By encouraging children to be mindful of packaging, waste, and where their food comes from, we aim to nurture a sense of global citizenship and environmental responsibility. In the Jubilee year of 2025, as 'Pilgrims of Hope' we have pledged to reduce our use of single-use plastic, and this extends to our choices of school snacks.

Our school snacks policy supports families and children in making choices that are both healthy and sustainable. Together, we can build habits that promote well-being, respect for creation, and a deep awareness of our impact on the world.

Snacks

All children in Early Years and Key Stage 1 receive a free piece of fruit or vegetable everyday as part of the Government's School Fruit and Vegetable Scheme. They may bring in their own snack if this is preferred. Children in Key Stage 2 are not entitled to a free piece of fruit or vegetable, and are therefore welcome to bring in their own snack.

Snacks can consist of a piece of fresh fruit or vegetable, such as apple, banana or cucumber. As we want to promote healthy, balanced diets, snacks should be in their natural form and not be processed. We also ask that, where snacks need to be brought in within a container (such as cut-up vegetable sticks, strawberries or grapes), this should be named and re-useable.

As we are trying to reduce our use of single-use plastic and unnecessary packaging, items such as cereal bars or fruit winders / Yo-yo bears are not allowed. Snacks will be regularly monitored and if a snack is not a piece of fruit or vegetable in its natural form, the children will be asked to return to their lunchbox and it can be eaten later.

Water

Children should also bring in a named water bottle every day, and it should contain only water, not juice, squash or other sugary drinks. This is to support:

1. *Dental Health*

Juices and squashes, even those labelled "no added sugar," often contain natural or artificial sugars and acids that can damage teeth—especially when sipped throughout the day. Water is the best choice for keeping children hydrated without harming their dental health.

2. *Focus and Learning*

Water helps to keep the brain alert and the body hydrated, which is essential for learning and concentration. Sugary drinks can cause spikes and crashes in energy levels, making it harder for children to stay focused in the classroom.

3. *Environmental Awareness*

Limiting sugary drinks also reduces the reliance on individually packaged drink cartons or bottles, many of which contribute to plastic waste. This supports our broader commitment to caring for the environment and teaching children to make sustainable choices.

Lunch boxes

Eating a healthy, balanced lunch is vital for ensuring children have the right nutrients and enough energy to see them through the school day. To support your child's health, concentration, and overall well-being, packed lunches should be balanced and nutritious. A healthy lunchbox should include the following:

1. *A Starchy Base (Energy-Giving Foods)*

Choose from: potatoes, bread, pasta, rice, couscous, wraps, pitta, or chapatti.

Opt for wholegrain or higher-fibre versions where possible, e.g. wholemeal bread or brown rice.

2. *Plenty of Fruit and Vegetables*

Include at least 1–2 portions of fruit and/or vegetables.

Aim to vary the types throughout the week for different nutrients.

Examples:

Add sliced cucumber, tomatoes, or peppers to sandwiches or pasta.

Include chopped fresh fruit, a small fruit salad, or a portion of dried fruit (in moderation).

3. *A Source of Protein*

Choose from: beans, pulses, fish, eggs, meat, or a suitable plant-based alternative.

Include protein in salads or as sandwich fillings.

Include a dairy food (e.g. cheese or yogurt), or a non-dairy alternative (e.g. fortified soya yogurt or milk).

Choose unsweetened and calcium-fortified options when using dairy alternatives.

4. A Healthy Drink

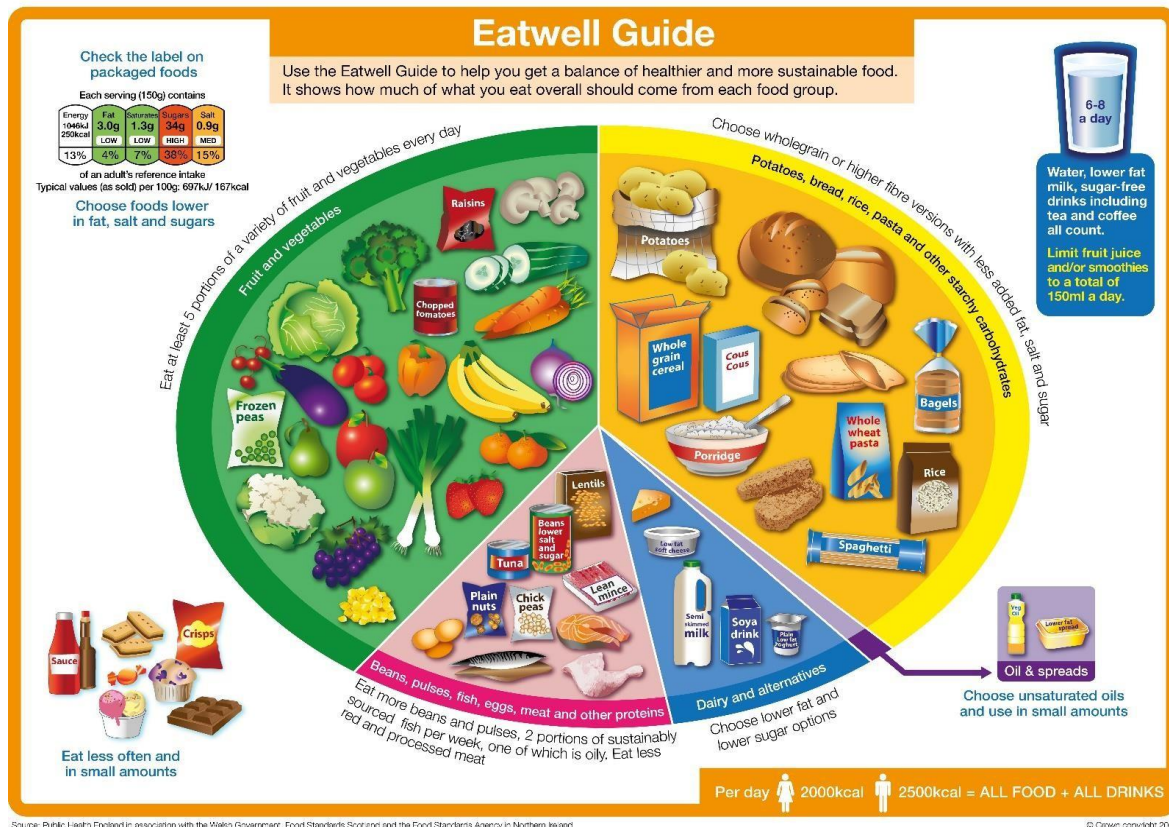
Recommended drinks include:

Water

Semi-skimmed or 1% milk

A small portion of fruit juice or smoothie (up to 150ml per day) is suitable, but should be limited.

Consider diluting juice with still or sparkling water.



Sweets and Treats

Birthday sweets are often not allowed in schools for several important reasons that prioritize the safety, well-being, and fairness for all students, parents, and staff.

- Many children have food allergies (e.g. nuts, dairy, gluten) or specific dietary needs (due to religion, medical conditions, or family choices). Even small traces of allergens can cause serious or life-threatening reactions which makes it unsafe to give out treats or sweets.
- When one child brings in sweets, others may expect to do the same, which can create pressure on families to spend money or prepare treats.

- Some parents may prefer to avoid sugary foods or teach moderation, but it becomes harder to say "no" when treats are handed out at school

Our decision not to allow giving out birthday sweets or treats supports our pledge to reduce the school's carbon footprint. It also helps create a more inclusive environment where no child feels left out or different because of their background, food allergies or dietary choices or their family situation.

Staff members will also not give out sweets or treats as a reward. The only exception to this is when children are invited for a hot chocolate with the headteacher if they have been selected on the 'Wheel of Names' for consistently smart uniform. This differs from staff giving out sweets as a reward which would be a quick 'transaction' with no meaningful connection or reflection. Sharing a hot chocolate or other drink (the children are also given the choice of flavoured milk or a fruit smoothie) is part of a social, positive experience that gives children time to talk, to feel recognised and to build relationships with school leaders.