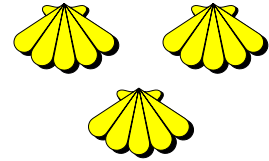


High Wych C E Primary School

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 as well as a salad bar. Children will have water made available to them each lunchtime and they will be asked to finish their drink before they leave. The school packed lunches comprises of a sandwich/roll with ham/chicken/egg or cheese depending on the choice of the day. There will also be fruit, vegetables and a dessert. Children will ask an adult if they can go on to eat their dessert once they have completed their first course to try and ensure they eat well each day. They will 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 parent's evenings so they can see the quality of food available.

See www.hertscatering.co.uk for more information.

Snacks

Snacks in school are provided via the Government fruit and vegetable scheme in Early Years and Key Stage One. When the children start Key Stage Two the children will be allowed to bring in fresh fruit and vegetables for their snack. Children may have milk which can be ordered through the office otherwise water is available throughout the day. Children are encouraged to bring their own water bottles for parents to fill daily. Please do not send in juice.

Cooking in class/After School Club

Any cooking that the 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 vegetables are available during every session.

September 2022