



At St. Mary's we have increased the time allocated to PE and provided playground activities that actively promote health and fitness. Every pupil participates in the Daily Mile every day.



All pupils have access to drinking water during the school day. This helps to promote their learning. The bottles are available from the office at £1.50 each. Each day the Teaching Assistant replenishes it with fresh purified drinking water.



All the pupils are given a **free** piece of fruit at break time, and this varies from bananas, apples, pears, nectarines, carrots, cherry tomatoes, mini cucumbers, strawberries depending on the season.



Milk is offered free of charge to all pupils under 5 and children entitled to Free School Meals. It is also available to other pupils' payable termly. The current provider is Coolmilk. Milk is vital to healthy bones, teeth and nails.

Eating Healthy at St. Mary's



Ideas for Packed Lunches

The school was awarded Healthy School Status and it is our aim to continue to build on this, providing nutritional school meals, healthy snacks and healthy lifestyles for all our pupils and staff. With the help of parents we hope to extend this to packed lunches. So we have compiled this healthy packed lunch leaflet.

As part of our Healthy Schools criteria we have designed this leaflet to help parents/carers provide healthy and nutritional packed lunches for their children.

Children need a healthy balance of protein, carbohydrate, vegetables, fruit and dairy produce to maintain a healthy lifestyle along with regular exercise.

Examples of what should be provided. **One item** from each section is recommended.

- **Protein:**

- Cooked meat ie: ham, chicken, beef corned beef
- Eggs
- Fish ie: tuna, salmon or seafood.



- **Fruit/Vegetable:**

- cucumber, tomatoes.
- Any vegetable ie: celery, carrots cut into sticks.
- Fruit ie: Apples, bananas, oranges, or a fruit salad.
- Dried fruit, raisins, apricots, mixed fruit
(Please note we are a nut free school)



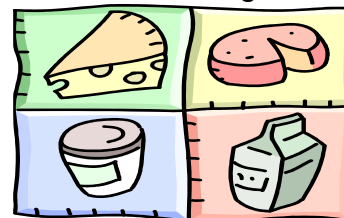
- **Carbohydrate:**

- Rolls, high fibre bread, brown bread
- Crisp bread, pitta bread, crackers, ciabatta bread
- Pasta dishes, rice dishes.



- **Dairy produce:**

- Yoghurt, mousse, yoghurt drink, cheese sticks.
- Cream cheese, grated cheese, cheese triangles.



- **Drink:**

- water, milk, fruit juice, flavoured water.



Sweets, chocolate in any form (this includes chocolate biscuits, snack bars etc.), crisps, cakes and fizzy drinks are completely unhealthy, so should **NOT** be sent with packed lunches.