

SNACKS AND PACKED LUNCHES AT HIGHWEEK

We encourage all children to have a healthy and nutritional meal at lunchtime and a snack during morning break.

Research shows that children who have a nutritionally balanced meal (rather than one that has too much sugar and fat) are better able to concentrate in lessons.

DRINKS

We also encourage children to keep hydrated during the school day, preferably with water. Please could you ensure that your child brings in their own water bottle every day. Children can have these in the classroom and are able to drink throughout the day, in accordance with class routines. Please ensure that the bottle is a type that won't spill if it is knocked over. School water bottles are available to purchase at the office.

The content of the water bottles should be water. In exceptional circumstances, we can agree to a child having squash, for example, if they need to be encouraged to drink for medical reasons. We are very grateful for parents supporting this rule, as it can cause a lot of upset amongst children if some have squash and others don't.



NUT ALLERGIES

Please make sure that **absolutely no food contains nuts of any kind**. Please check the labels of cereal bars specifically. We have children with life threatening nut allergies so it is really important we all ensure we keep the school as 'nut free' as possible.

SNACKS

Children are able to bring a snack in to eat during the morning break.



The following snacks are encouraged at Highweek:

- Whole or sliced fruit
- Vegetable sticks like celery, carrot and cucumber. Some vegetables are naturally baton-shaped which can save you time preparing, for example: sugar snap peas and baby corn

- Bag of plain popcorn (**over 5's only**)
- Breadsticks
- Rice or corn cakes
- Crackers
- A small sandwich or bagel with cheese, hummus or vegetable filling.



Please DO NOT send your child in with crisps, chocolate items, sweets, cakes and overly processed foods (e.g. sausages, sausage rolls) for snack time.

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PACKED LUNCHES:

We know how hard it is to make a healthy lunchbox every day. However, increasingly children are bringing in lunches with poor nutritional value and lots of added sugar. In addition, please avoid single use plastics e.g. plastic packaged snacks. Please see the lunchbox tips below:



Want to know more about healthy snacks and packed lunches? See below:

<https://www.bbcgoodfood.com/recipes/collection/school-lunch-recipes>

Lunchbox tips

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<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

February 2026

Laying the foundations of lifelong learning