

School Council Report on Healthy Snacks Survey March 2018

The School Council have been thinking about playtime snacks that the children could have. They asked each class:

- Do you think you should be allowed to bring in your own healthy snack to eat at playtime?
- Would you like to bring in your own healthy snack?
- What is a healthy snack?

The Council looked at the answers which are below:

	Class 1	Class 2	Class 3
Bring in own snack	88%	100%	81%
What is a healthy snack? Here are a few of their answers.	Banana, apple, orange, grapes, raisins, carrot, pear, kiwi	Raisins, grapes, strawberries, mango, cucumber, watermelon, rice cakes, crackerbread	Cheese, salad, dried fruit, cereal bars, berries, tomato, fruit and veg

Based on these responses, the School Council has decided that the children can bring in their own healthy snack in a named bag or small breaktime box. The snack could be any fruit or vegetable but definitely no sweets or chocolate; and no crisps because they contain too much fat and salt.

As a School Council we have decided that no nuts should be brought into school due to allergies and please avoid cereal bars or fruit bars such as winders and bear yo yos because they contain more sugar than sweets and more importantly have no nutritional value. Also, try to keep to snacks that are less than 100 calories.

We have met with Mrs Murray and it has been agreed that children can start to bring their own healthy snacks in after Easter.

Note from Mr Barnard – as a result of this survey, daily fruit for KS2 children will stop after Easter. Daily fruit will still continue for KS1.