



Buddens Road, Wickham,
Fareham, Hants. PO17 5HU
Tel: 01329 833039

Email: preschooladmin@wickham-primary.hants.sch.uk

Headteacher: Mr Graham Cutter
Pre-School Manager: Miss Sarah Harbour

www.wickham-preschool.co.uk

Healthy Eating and Drinking

At Wickham Pre-School, we endeavour to be a healthy setting, teaching the children how to make good choices for their health, including what they eat and how this contributes to their wellbeing. We have been working with the staff and young governors at Wickham Church of England Primary School, and looking closely at NHS guidance.

We know how important it is that your child has the right fuel to keep them going and that this can impact your child's behaviour and wellbeing. We therefore encourage you to provide your child with a snack if your child attends pre-school during a morning or late session.

The NHS guidance from 'Change4Life' advises that snacks are kept under 100 calories. We hope that the guide below will help you choose what to send in for a snack and what to leave for treats at home or as part of a balanced packed lunch. Please remember we have a strict **no nuts** policy at Wickham.

Choosing a Healthy Snack:

- Look at the nutritional information per 100g (%)
- Find a snack with a low-medium fat and sugar content - and no nuts or chocolate
- Look at the food traffic light rating on the sides of packets – leave the red rated foods for treats.

Snack Ideas:

Suitable

Fruit and vegetables
Scotch pancake
Cheese and crackers
Yoghurt (be careful of sugar content in some brands)
Bread sticks
Pretzels
Bread/pita bread
Rice cakes
Malt loaf

Not suitable

Fruit winders - these dried fruit type snacks have a high sugar content and can stick to teeth so are not advised for snacking between meals.

Crisps

Chocolate biscuits

Pastries

Cakes

These are not healthy snacks and should be enjoyed in moderation as part of a balanced diet, but not as pre-school snacks.

Drinks

All children have access to fresh drinking water and milk throughout the pre-school day. Please ensure a water bottle is sent in to school. Fizzy drinks are not allowed and squash may only be brought in with express permission.

According to the NHS Eatwell guide, *“Children should avoid sugary fizzy drinks, squash and juice drinks completely. Children who drink a lot of sugary drinks are more likely to become overweight. The added sugar in these drinks can also damage teeth.”*

My Child will only drink sugary drinks. What can I do?

Let us help you. We will encourage all children to drink milk and water throughout the pre-school session.

It is advised, if necessary, to only give fruit juice and smoothies at mealtimes (rather than between meals) which helps reduce the risk of tooth decay.

NHS acknowledges it can take a while to break the habit, *“Start to dilute the drinks with water, increasing the amount of water gradually over time, so the change is not too noticeable to them.”*

School Lunches

Our school lunches adhere to the published government guidance. If you are packing a home packed lunch for your child, please ensure items are part of a balanced diet.

We suggest you aim to give your child a maximum of 2 packaged snacks per day.

Please do not send your child in with sweets or chocolate. These can be enjoyed at home on special occasions.

To discover how much sugar your child is eating: [Sugar calculator - Food facts - Healthier Families - NHS](#)

Thank you for your continued support.

Sarah Harbour.

Wickham Pre-School Manager.