



Staying Healthy at Godinton Primary School

Updated March 2026

It's important that our children stay happy and healthy. This guide contains important information about how we aim to achieve this at Godinton.

Healthy Food and Drinks



Breaktime Snacks

We encourage all our children to bring in a healthy snack to have at morning breaktime. This must be a fruit; perhaps, grapes, strawberries, apple, satsuma, pear, banana, plums, or kiwi fruit, or vegetables: carrot, tomato, cucumber, celery, pepper. This could be a whole piece or cut up and put in a snack pot. Maybe you could even have some dried fruit e.g. dried apple or raisins.

Snacks that aren't allowed at breaktime include: 'Fruit winders' or similar snacks, sweets, chocolate bars, jellies, yogurts, cereal bars, crisps, sandwiches, cakes, sausage rolls.

We encourage children to have their 5 a day.

Eating a portion of fruit or vegetables at break time can help count towards eating the recommended target of 5 portions of fruit or vegetables per day.

Children in year R–2 are given a free piece of fruit or vegetable in the afternoon as part of the Government's School Fruit and Vegetable Scheme.

Healthy Lunches



Our school meals are provided by Independent Catering and are cooked and prepared from fresh ingredients in our school kitchen. They enable the children to have a healthy, hot meal or a packed lunch provided by the kitchen at lunchtimes. Menus are available on the school website so that parents can see what's available—details about the cost of meals are also outlined online. All children in Years R–2 are entitled to a free school meal under the Government's **Universal Free School Meals Scheme**. Children in Years 3–6 may also be entitled to a free school meal if parents are receiving certain benefits. If you believe that your child may be entitled to free school meals, please contact the school office.

Alternatively parents may send their child to school with a packed lunch prepared at home. Packed lunches should be healthy in nature and reflect a good dietary balance. We would ask parents not to include unhealthy snacks and to include fruit or vegetables if possible. Sweets are not allowed in lunchboxes. No nut based products (e.g. peanut butter, packets of nuts) are allowed in school, due to the number of children we have at school with nut related allergies.

Our school catering team, Breakfast Club team and After School Club will help support any allergies or medical food intolerances that your child might have. Please provide us with details on Arbor or arrange to discuss food needs with Mrs Stein our Assistant Head for Inclusion.

Children can have a school lunch or packed lunch on different days – you do not need to let us know in advance, the children simply choose on the day.

5 Good Reasons to Eat 5 Portions of Fruit or Vegetables Every Day

1. They can help to keep your heart healthy.
2. They are full of fibre.
3. They give you lots of energy
4. They are kind to your teeth.
5. They taste great!



Did you know that one in five children in the U.K eat no fruit or vegetables at all? On average children eat just 2–3 portions per day.

Putting a piece of fruit or vegetable into your child's lunchbox is a good idea to get an additional portion. Perhaps this could include a salad.

Healthy Drinks – Water and Milk



Children are only allowed to have water in their water bottles during the school day. We ask children to use a clear plastic water bottle for this. Squash, juice and flavoured water is not allowed. Special Godinton water bottles are given to all our new Reception starters. Water bottles can be refilled as required at school as drinking water is available from taps in the classroom.

Milk is available to all children at lunchtime whether they have a school dinner or a packed lunch.

Physical Fitness



In order to keep the children physically fit we have a PE curriculum which includes outdoor team games, gymnastics and dance.

We offer a variety of extracurricular activities taking place for different year groups after school or during lunchtime. This programme is seasonal and includes football, athletics, high five, multi-skills and cricket.

We encourage all our pupils to walk or to cycle to school. The school car park soon becomes congested and walking offers a safer, more environmentally friendly and health promoting option. The school participates in various initiatives to promote walking and cycling to school and children in Years 4–6 are able to

participate in Bikeability cycle training.

We also have amazing school grounds and our OPAL playtimes provide children with a wide range of outdoor activities over the lunchtime period from climbing to den building, ball games to scootering. It's great fun!

Emotional Health and Wellbeing

The emotional wellbeing of our pupils is of considerable importance to us; happy children will thrive at school. Our PSHE (personal, social and health education) lessons taught to every year group support children with their emotional development.

Please let us know if your child is experiencing any difficulties in their lives e.g. bereavement, divorce or separation, happiness at school, friendship or health issues or if there are any family issues which may be impacting on your child e.g. housing or parental health. This will help us to provide the additional support or guidance your child may require. Our Pastoral Support Team is led by Mrs Jacqui McGibney, our Family Liaison Officer, who is a useful point of contact for any difficulties your child or your family may be encountering. We also provide Nurture Support led by Mrs Ellis. Miss Talbot, The Headteacher, is the Designated Safeguarding Lead and should be contacted regarding any safeguarding issues.

A Non-Smoking Environment

Both the inside of the school buildings and the school grounds are smoke free environments. Smoking is not permitted when parents bring or collect their children from school or when parents attend any event whether in or out of school hours (this includes the use of vaping products).



Thank you for your cooperation.

**Thank you for supporting your child's health and wellbeing at school.
Please get in touch if your child has any medical needs which require
specific support – we are here to help.**