Oaklands Primary School
Food and Fitness Pupil Policy

The following policy was proposed by Oaklands Primary School Council and adopted Autumn Term 2022:

In our school we:

- Prepare healthy packed lunches or eat healthy school dinners.
- Only drink semi-skimmed milk or water in class.
- Have a tuck shop at break time that sells fresh fruit/vegetables or we bring our own from home.
- Take part in the Daily Mile.
- Have at least two hours of PE every week and have lots of opportunities to keep active.
- Have Playground Pals to keep our playtimes active.
- Learn about the Eat well Guide and cook healthy meals in class.
- Brush our teeth in school every day in Nursery to Year 2.
- Wash our hands before eating.
- Take part in a variety of after school activities.

Signed:
Chairperson(s) of School Council.
Date: