

Healthy Eating

In PMBS , we aim to promote healthy eating and want to encourage our students to bring nutritious, balanced meals and advise against fast food, crisps and chocolates. Students who have a healthy, balanced diet can contribute to their overall well-being, focus and academic performance. Here are some tips to support this effort at home:

1. Prepare Balanced Meals: Ensure your child's lunch includes a balance of fruits, vegetables, lean proteins, and whole grains.
2. Involve Children: Involve your child in meal planning and preparation to make them more aware of healthy choices.
3. Limit Fast Food: Restrict the frequency of fast-food meals at home to reinforce healthy eating habits.
4. Snack Options: Provide healthier snack alternatives such as cut-up fruits or yogurt, instead of crisps and chocolate.
5. Hydration: Encourage drinking water throughout the day instead of sugary beverages.
6. Education: Talk to your child about the importance of healthy eating and its benefits for their growth and energy.

By promoting healthy eating both at school and at home, you can help your child develop lifelong habits for a healthier, happier life.

Birthdays Policy

Purpose

Students love to celebrate birthdays at school as it is a memorable time to share with teachers and friends. At PACE MBS, we understand this whilst also ensuring the safety of all of our pupils.

Vision

To ensure that birthday celebrations are conducted in a way that follows the DHA guidelines, encourages health and safety and is in line with our safeguarding policy.

Implementation

Teachers and form tutors will celebrate birthdays with the children in the classroom on their special day. They will do so by singing happy birthday and providing a birthday sticker/badge. For birthdays that occur over the weekend, these will be celebrated on the Friday before.

Please note that providing anything for your child's class is completely optional.

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We are informing all parents to follow these simple guidelines when planning for their child's birthday celebration at school:

- Small food items for your child's class are allowed (such as individual cakes, mini fruit box, doughnuts) but these MUST be individually wrapped/in containers prior to entering the school premises
- Check the ingredients and ensure there are **NO NUTS** included
- Fast food is not allowed
- All birthday items are to be taken home incase of allergies, not to be eaten in school
- We encourage you to bring in non-food items such as pencils, erasers and bookmarks
- Parents are to drop the birthday items by reception
- Any birthday party celebrations are to remain out of school.

Failing to follow the above will mean the items will be refused by the school and sent home without being shared.

By following these guidelines, PACE MBS feels strongly that we are promoting a positive and equal culture, with a focus on health and safety, while maximizing student learning.