

Baltasound Junior High School

Healthy Eating



Promoting healthy eating habits among children is essential for their growth, development, and long term wellbeing. Baltasound JHS plays an important role in helping pupils and parents understand the importance of healthy eating; from healthy school dinners, our tuck shop and breakfast club, to advice for parents on snacks and packed lunches.



Our school dinners are based on legislation from the Scottish Government (Healthy Eating In Schools 2020) – this states the nutritional standards required, the frequency of certain foods as well as what can (and cannot) be served or sold in Scottish schools.

We are keen to encourage pupils to have a healthy snack as part of their day. Our Primary Tuck Shop and Breakfast Club provide free fruit for pupils and our Early Years provides 2 healthy snacks a day.



Encouraging healthy eating at home is an important factor in a child's development. This includes providing balanced meals with fruit, vegetables, whole grains and proteins. Understanding portion sizes which are appropriate to the age and stage of the child and limiting the intake of sugary foods and drinks also help towards child health.



Providing healthy snacks and packed lunches for your child is also really important. As a school we ask that you do not put any fizzy drinks, mixy up juice or energy drinks with your child – these lead to issues including erosion of tooth enamel; drinks that are sugar free are often acidic which is harmful to teeth. We also ask that pupils do not bring in anything that has the ability to burn or scald, therefore flasks of soup or hot water should not be brought to school. We also ask that pupils do not bring in nuts/seeds as we have BJHS pupils and staff members with allergies.

We appreciate there can be difficulty or cost implications buying fruit and vegetables although providing a varied, balanced snack and packed lunch will give your child the best start in life; it provides the necessary nutrients, vitamins and minerals to allow children to learn and grow up into healthy, happy adults conscious of what they should eat in order to enjoy life to the full.