



Healthy Eating Policy

In line with our commitment to student well-being, HPA promotes a healthy eating policy. Only water and healthy, bite-sized snacks are allowed during quick breaks between classes. This policy supports the physical health of our students, providing them with the energy they need to perform at their best while fostering healthy lifestyle habits that are vital for performers.

Important Points to Remember:

- Students attending longer hours only have a 4-minute refresher between lessons—so no full-blown picnics, please.
- Snacks should be bite-sized and healthy, providing an energy boost without making students feel heavy.
- **Unhealthy snacks** like crisps, chocolate cereal, or a full packet of TUC are not allowed.

Healthy Snack Examples:

- Banana, fruit pieces, trail mix, Greek yoghurt with berries, hummus and veggie sticks, whole grain crackers with cheese, rice cakes, hard-boiled eggs, cherry tomatoes and mozzarella, homemade energy bars.

No nuts or cinnamon, please, due to allergies.

This policy is part of our commitment to student well-being, promoting a healthy lifestyle for performers by ensuring they stay energised and focused while minimising distractions and maintaining a safe environment for everyone.