

Healthy Food and Drink Policy

At school we have a healthy food and drink policy and try to ensure that all aspects of food and nutrition in school promote the health and well-being of our pupils, staff and visitors.

Breakfast Club

The importance of eating a good breakfast is promoted through Breakfast Club where cereal, toast, milk and fruit juice are available at a small cost.

Snacks

At morning playtime children in Foundation Stage and Key Stage 1 are provided with a free snack from the School Fruit and Vegetable Scheme. Children in Key Stage 2 can bring in a piece of fruit from home.

Water

The messages about the importance of drinking water are reinforced on a regular basis and children are encouraged to drink throughout the day. Children can bring in a 'sports top' bottle from home and use chilled water dispensers to fill them.

School Dinners

Our kitchen staff produce lovely meals, with a choice of menu. All children are encouraged to try a portion of vegetables/salad as part of their meal.

You may prefer your child to bring a packed lunch. He/she will need a labelled box/cool bag and also a plastic flask for a drink. In line with our healthy food policy we encourage packed lunches to include a sandwich, some fruit or vegetables and a drink of still juice or water. Sweets and chocolate should be limited to an occasional treat.

WHICHEVER ARRANGEMENT YOU CHOOSE, PLEASE GIVE ONE WEEK'S NOTICE IF YOU WISH TO CHANGE.

Dinner money is paid in advance each Monday morning and can be paid online. Please check current cost with our office staff. Information about free school meals is available. This system is non-discriminatory.

Our Lunchtime Supervisor and team of Lunchtime Leaders play an important part in looking after the children at lunchtime and they will inform your child's teacher if they have any concerns about your child e.g they are not eating their lunch.