

Healthy Eating Policy



Snacks

Children are allowed to bring a piece of fruit or vegetable to eat at morning break.

The snack or its bag should be clearly named.

If you provide your child with a snack such as an orange, please make sure that it is peeled.

Whilst a child is eating their snack, they will not be allowed to run around.

All rubbish will be placed in the recycle bins or the non-recyclable bins depending on the material.

Drinks and water

Children are encouraged to bring water bottles to school to keep on their tables or near their work area.

Infant classes also have cups of water available at the end of break periods and at the end of PE and Games lessons.

Only milk or water is permitted at morning break times.

Children who bring a packed lunch to school are not allowed to bring a fizzy drink. A named flask or carton enables lost lunch items to be returned to their owners.

Those children who have a school meal may either have a cup of water.

School Meals

Our school meals are provided by ISS. They use a qualified nutritionist to help provide a balanced menu.

Our cook ensures that she uses fresh fruit and vegetables wherever possible. The food is prepared on site.

Our children learn about the benefits of healthy eating as part of the curriculum.