

Drinks and Snacks

Snacks

We are a healthy school and have an 'all fruit' policy.

At morning break time, children are encouraged to bring a piece of fruit or vegetable of their own to eat, which is clearly labelled with your child's name.



At afternoon break free fruit and vegetables from the Government's School Fruit and Vegetable Scheme are available. The children will be encouraged to try the fruit or vegetable of the day but will not be made to eat anything they don't like.

The Scheme supplies a range of produce including:

apples

pears

bananas

clementines

carrots

mini cucumbers

sugar snap peas

tomatoes

raisins

dried pineapple

strawberries

Drinks

Children are encouraged to bring a labelled bottle of water into school so that they can drink regularly throughout the day.

We are participants in the Government's Milk for Schools Scheme.



You will need to register your child for this scheme.

Once you have registered for the scheme your child will receive a carton of semi-skimmed milk each day. **It is free for under-fives** and subsidised for children aged five and over.

School milk is excellent as a mid-morning drink. It provides a nutritional boost and keeps children hydrated between breakfast and lunch, helping them to concentrate and learn.

After morning break time we have a short drinks break when children will either drink their school milk or own water.

For more information and to register visit www.coolmilk.com (phone enquiries 0844 854 2913) or ask for a leaflet and application form when you meet with your child's teacher in June.