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## Food and Drink

**Snack.** The children are offered a piece of fruit daily which they can help themselves to throughout the course of the session. Please note that we do not want the children to bring additional snacks. Drinking water is always available for the children to help themselves to; however, we would prefer each child to bring their own named water bottle to school each day. Please ensure that only water is in the bottle as we are a healthy eating school.

**Cool Milk.** Milk can be ordered on-line on the website [www.coolmilk.com](http://www.coolmilk.com) and is free to under 5's.

**Lunch.** Lunches are cooked in our school kitchen and we offer a wide choice of foods including a Halal and vegetarian option. All Reception are entitled to a free school meal. If you prefer your child to have a packed lunch, please provide a healthy lunch in a named container. We do not allow nuts, including chocolate spreads, or fizzy drinks in our school.

Every class has a 'dinner lady' who looks after the class at lunch time. The children eat their lunch and then have the opportunity to play outside weather permitting. The class staff also help to look after the children at lunch time whilst they are settling in.

**Allergies and Dietary Requirements.** It is essential that you keep the School fully informed of any allergies or dietary requirements for your child.