

## Healthy Eating!

Children may either bring a packed lunch or purchase a school meal. Reception and KS1 children currently are all eligible to have a daily school dinner without payment. We would ask parents who are in receipt of state benefits and thus eligible for Free School Meals to continue to complete the forms as this has a financial benefit in the school budget which is then used for the children. Miss Redmayne is available for advice and further details.

**School meals:** A choice of school meal is provided each day giving a variety of balanced meals for the week. There is always the option of a vegetarian meal, fresh vegetables and fresh fruit. Menus are sent home half termly to pre-book meals in advance. This allows children and parents to select choices together.

Parents are asked to keep to School dinner/ Packed Lunch for half termly blocks. This can comprise both packed lunch and school dinners within one week, as long as the days are to a regular pattern. Any last minute changes only with good reason please.

Our School meals are delivered by an external provider as there are not the facilities here to make the meals on site.

Dinner money is currently £2.20 a day, payable through the online ParentPay system, with advance payment possible.

**Packed lunches:** As part of our commitment to the Healthy Schools Scheme, parents are encouraged to provide a balanced packed lunch for their child. Sweets, fizzy drinks and chocolate are not to be included.

Small 'treats' can be brought on Fridays if necessary. Please support us in this. Children will put all waste and uneaten food back into their lunch boxes to let parents know what has/not been eaten. Small ice packs can keep the food fresh. Healthy eating incentive weeks and rewards will feature at different points throughout the year, with a Packed Lunch audit being completed annually to inform our Healthy Schools' aims.

**Mid morning snack:** The only snacks children may bring to school are fruit or raw vegetables.

This follows our Healthy Eating Scheme, cuts down on litter and ensures that children still have an appetite for their lunch. Fruit is provided for Foundation and Infant children.

**School milk:** Milk is provided free of charge with School lunches at present.

**Breakfast Club:** From 7.30am, a healthy breakfast of fruit juice, milk, cereal and toasted food is provided by Mrs Joanne Gell and her team, each morning at Breakfast Club. Dietary needs are catered for, also Breakfast Club operates a treat system in relation to chocolate cereal. A hot drink is also available for children who like to start the day with a cup of tea!

Sessions are booked in advance and cost £4.20 daily until July 2016, from September 2016 this will rise to £5 daily. Payable on ParentPay.

Last-minute places are sometimes available for those unforeseen occurrences.

**Late Stay Club:** From 3.30-6pm daily. Mrs Tracey Grimal and her team provide, opportunities for outdoor play (weather permitting), play or art & craft activities and tea.

Hot and cold food are available daily; with dietary & medical needs, healthy eating guidelines and seasonal events being taken into account. Guidelines for After-School Club menus / practice are adhered to and updated where/when necessary by Mrs Grimal. There are salad and fruit snacks each day, with a variety of different menus catering for all tastes.

Children attending After School clubs or PTA events being held at school, will be taken to -and collected from- the clubs as part of the session.

Sessions are booked in advance and cost £7.00 daily until July 2016, £8.00 daily from September 2016 ; 2 siblings £15 daily cost . Payable on ParentPay. Last-minute places are sometimes available for those unforeseen occurrences.

The price rises are to meet rising costs associated with Childcare. We consider our prices competitive against other providers.