



Throughout the morning the children may choose to have their snack and drink as and when they feel hungry. If the children have not had their snack, they are invited to bring it to 'snack time' at around 10.30 am.

Children will need to bring in a piece of fruit, raisins or cut vegetables for snack time. To promote independence at snack time, please support your child by showing him/her how to peel a banana or orange and to open any pot s/he may use to bring his/her fruit to school.



Milk is provided free for under 5's – you will need to register by returning the form to school before the deadline on the milk letter in your induction pack. You may also purchase milk when your child turns 5. When your child turns 5, or if they do not like milk, then they need to bring water into school for snack time.

Some children say they do not like water; this is usually because they are not used to it as over time they have been introduced to squash, fruit juices and fizzy drinks. If this applies to your child, please start reintroducing it back into your child's daily routine so that s/he is happy to drink it at school.



The children are able to drink water whenever they feel thirsty. Therefore, all children need to bring water into school for use throughout the school day. In line with the school policy, water needs to be still water (and not flavoured) in a plastic bottle, clearly labeled with your child's name. A sports lid is essential as it reduces spillage if bottles are accidentally knocked over. As water bottles are kept in the classroom for easy access, please provide a separate drink's bottle in your child's lunch box for lunchtime use – this may be water, squash or fruit juice. If your child has a hot dinner, water is provided in the dining hall.

During the day, all children in the Early Years Foundation Stage and Key Stage One will be offered a piece of fruit as part of the free fruit for schools initiative. This fruit is not peeled or cut into pieces and you will find that the children are very good at adapting to biting into whole apples/pears etc. (and this biting motion helps to develop the jaw muscles which aids the pronunciation of the correct speech sounds). Within a few weeks you will find that you may not need to chop up their fruit for morning snack, if this is something your child is used to.

## Lunchtime

All Reception age children, as well as children in years one and two, are entitled to a free cooked dinner. During registration, your child will be asked to choose which hot meal s/he would like. Friday's newsletter will state the menu for the following week; you may wish to discuss the meals with your child each morning to help them make a choice. Children are given a knife and fork (not a spoon and fork) to eat their meal; **it is important that children know how to hold and use cutlery safely.** Also, **being able to manipulate a knife and fork is essential for your child to be able to eat enough food to sustain him/her throughout the afternoon.**

If you prefer, your child may bring a packed lunch (sandwiches) to school. We ask that no sweets or chocolate bars are given in lunch boxes except for biscuit based bars, e.g. Penguin bars and Kit Kats. **Please help your child to practise opening any items that will be in their lunch box.** The children will need to bring a drink in a carton or in a flask/drink's bottle. No fizzy drinks or drinks in glass bottles please.

**Due to the fact that some children in the school have nut allergies, we are a NUT FREE school; we ask that peanut butter sandwiches, packets of nuts or cereal bars/yoghurts with nuts in are not brought in as part of a packed lunch.**



Due to a number of children with nut allergies in school, we are a:

# *nut free school*



Please do not bring any **peanuts** or **foods containing peanuts** into school.

Thank you for helping to keep all of our children safe.

