**Healthy Eating Policy**

The children have a break around 11am. They have only 5 minutes to eat a snack at this time, with 10 minutes in the playground.

We recommend a piece of fruit or small healthy snack at this time.

The children receive a hot meal at approx.. 12:30pm each day. The food is delivered to our school daily and is heated in our school oven. This is funded by the government. Parents order lunch for their child through an online app. Children are provided with forks and napkins. All leftovers and brought home by the children.

The children should bring a bottle of water with them to school each day.

They are welcome to bring more food if needed.

Children are not permitted to bring fizzy drinks to school or chewing gum at any time. A small treat is permitted on a Friday. This can be a small bag of crisps or a small bar of chocolate.