

## **FOOD AND DRINKS**

We aim to make lunchtimes pleasantly social whilst encouraging children to eat a balanced meal. We expect good table manners and lunchtime staff endeavour to make the lunch break an enjoyable time.

### **FREE SCHOOL MEALS FOR RECEPTION, Year 1 & Year 2**

We offer daily free hot lunches to Key Stage 1 classes, which are provided by the contractor, Chartwells <https://westsussex.mealselector.co.uk> they consist of a 2-course meal with a drink. We assume that your child will have a school lunch, unless you advise us otherwise.

### **HOT DINNERS FOR Year 3 AND ABOVE**

Chartwells also provide hot meals for Years 3 -6 at the cost of £2.15 per day. They may be ordered on a daily basis, or flexibly. You can find out more and register on their website at <https://westsussex.mealselector.co.uk>. Menus are also available from the office.

### **PACKED LUNCHES**

You can provide a packed lunch for your child instead of a hot lunch. Please put it in a named lunch box which is placed on a trolley allocated to the child's class. We recommend using a small cool block. In order for you to monitor your child's eating, we avoid the use of waste bins in the hall so uneaten food is returned home

### **LUNCH TIME STAFF**

Our lunchtime staff encourage children to eat all their lunch but will not force them to do so. If we are concerned that your child is not eating well, we will contact you, but you are welcome to talk with us, should there be additional concerns.

### **SNACKS AT MORNING BREAK**

A piece of fruit or a vegetable is available daily at morning break at part of the Government's scheme for children aged under six years. Fruit is available in Rother, Warren and Downlands classes and the children are encouraged to have a piece. You may provide your own morning snack, if you wish, but please avoid crisps or sweets (in line with our healthy eating policy). Items like granola bars are permitted.

Additionally you may order a carton of milk for your child which is also available at break-time. This is free to children under five but there is a charge for other children. An order form from the company 'Cool Milk' is available from the office or you can visit their website at <http://www.coolmilk.com/>. You can pay online, over the phone by credit card or by sending a cheque for the whole term or half term.

### **DRINKING WATER**

Please ensure you send your child to school with a water bottle for the classroom so that they have access to fresh drinking water during the day. These can be re-filled if necessary

## **HEALTHY SCHOOLS AWARD**

We are proud of our Healthy Schools Award and promote healthy eating and drinking at school. We feel that some things should not be brought to school in packed lunches because they are unhealthy. We also ask that foods that are likely to be messy should be avoided. With these points in mind, we would be grateful if you avoided sending your child in with sweets, Winders, full-size chocolate bars, Frubes (these tend to explode on opening, unless refrigerated), fizzy drinks or unpeeled Babybel cheeses (as the red wax stains the hall floor). Chocolate biscuits or occasional treat-sized chocolate bars are fine, as are small bags of crisps. The School Council agreed a Lunchbox Policy in March, 2011 which supports these views.