

## Healthy Eating at Our School

### **Fruit**

Windmill children are encouraged to bring fruit from home to eat at break time. We do not allow any other kind of snack such as crisps or sweets. Key Stage 1 children (Foundation, Year 1 and Year 2) are currently part of a government scheme where fruit is provided every day in addition to fruit from home.

### **Water**

We recognise the importance of children having easy access to water throughout the day and therefore encourage water bottles in the classroom. We allow only water in these bottles (no juices, squash or milk) and children can refill their bottles in the classroom when necessary. Water fountains are installed in the playground.

### **Packed Lunches**

Children are able to bring a packed lunch from home. The school encourages a healthy, well-balanced lunch box with no fizzy drinks or sweets. Supervisors are on hand to encourage children to finish their lunch and to eat sensibly, so please be realistic about how much your child will eat and do not overfill his or her lunch box.

### **Free School Meals**

If you believe your child would be entitled to free school meals regardless of whether they will be having them or not, then ***please inform the school office*** when accepting your child's place. This is because the number of children on the school roll who are entitled to free school meals directly affects the budget allocated by the Education Authority.