

Healthy Food, Lunch and Snacks

Eating and sharing food together is an important part of our nursery curriculum. It is a wonderful opportunity for the children to develop good manners and social skills. It is also at the very beginning of learning to share.

We hold a Healthy School Award for our good practice and this can be seen in the healthy food choices that we offer our children.

Snack Time in Nursery

During each morning session children are given the choice between a bottle of milk or a cup of water and a healthy snack of fruit or vegetables. We appreciate donations of fruit and vegetables from our parents to help with the costs of this provision. If you have a fruit/vegetable donation to make, please hand it to a member of the classroom team who will wash and prepare it for the children.

In the afternoons, we sometimes offer smoothies and freshly juiced drinks to support the children's intake of five portions of fruit and vegetables per day. Water is available at all times in the classrooms.

Lunch Time in Nursery

Most of our Nursery children have a school meal provided for them at lunch time. Hot meals are cooked on the premises in our own purpose built catering kitchen. Dinner money is collected in the morning by Mrs. Grant in our nursery office. Parents can pay with cash or by cheque. School meals must be paid for in advance but can be paid daily, weekly or monthly to fit in with family finances.

If parents are in receipt of Income Support or Job Seekers Allowance they may be entitled to free school meals. The application forms for this are available from the school office. If you have an enquiry about Free School Meals, please talk to Mrs. Grant who will be pleased to help.

If children have any special dietary requirements, or allergies, please let us know. Occasionally, parents choose to provide a packed lunch for their children. If parents are sending a packed lunch, we do ask that it is a healthy option. There is no need for parents to include drinks in packed lunches as all children will be provided with a drink by the Nursery staff at lunchtime. Please let your child's key-worker if your child has a packed lunch and they will show you where it can be stored safely. Please speak to Mrs. Conner, our Healthy Schools Leader for leaflets to help you provide Healthy Packed Lunches for your child.

