



Healthy Snacks

Snacks

Children may wish to bring in fruit from home to eat during this time. However, in line with the school's healthy school status, we do not allow such snacks as sweets, crisps or chocolate.

Fruit and vegetables

We are involved in the School Fruit and Vegetable Scheme. Every child in Foundation and Key Stage 1 is encouraged to have an extra piece of fruit or vegetable each day. This is distributed either in the classroom or outside during the morning break. Children may bring their own fruit in from home.

Drinking

Milk (Reception and KS1 children only)

As a school we recognise that milk makes a vital contribution to a child's dietary needs. The EU continues to subsidise milk for children up to their 5th birthday. After that Key Stage 1 children have the choice of having milk at a subsidised cost in schools. Weeton Primary School currently is supplied by Milk 4 Life. Please ask in the School Office for details how to register. All Foundation and Key Stage 1 children are encouraged to have milk but those who do not wish to have milk have a drink of water instead.

Water

Children are encouraged to drink plenty of water throughout the day. Water bottles may be purchased from any supermarket and can be refilled from the water fountains in the corridor. We recommend the water bottles with the 'push-up' tops as screw tops can lead to spillages and ruined work books!