

Healthy Eating & Our School Kitchen

As part of our Healthy School ethos, we have a Whole School Food Policy which aims to:

- Improve the health of children, staff and their families by helping to influence their eating habits, diet and food hygiene.
- Increase children's knowledge of food production in our rural setting and their impact upon health and the environment.
- Ensure all pupils are well nourished at school and have access to safe and nutritious food and an easily available water supply.
- Ensure that the food supply meets everyone's needs (medical, religious, dietary, allergy).
- Make dining an enjoyable and safe experience.

In Little Explorers, Years Reception, 1, & 2 children have fresh fruit and milk for morning break provided by National Lottery funding. The older children are encouraged to bring a healthy snack for their break. All children have access to water in class and are encouraged to drink throughout the day.

Our school kitchen opened in April 2013 and provides delicious and nutritious hot school dinners on the premises. All children in Years Reception, 1 and 2 receive a free school dinner. Orders for meals need to be placed with the school office by Wednesday each week for the following week. For those not in receipt of free meals, the cost is £2.20 per day. Special dietary requirements can also be catered for. Children may bring their own healthy packed lunch (no sweets or fizzy drinks please), if they prefer. Lunch is taken in the hall in two sittings when children sit with their friends. In December 2016 St Helena's received the Food for Life Silver award. Please visit the website for more information - www.foodforlife.org.uk. Those in receipt of:

- Income Support/Income based Jobseeker's Allowance;
 - Child tax credit, (not Working Tax Credit) with an annual income of less than £16,190; or
 - Guaranteed element of state pension credit
- are eligible for a meal provided by the school free of charge. Please ask in the school office for the appropriate form.