Dear Parents,

We have been working hard in school over the last year to apply for a Bronze award in the Wiltshire Council Healthy Schools programme.

In order to achieve this we have had to review our food policy which we did after consulting with parents and pupils in school. We would now like to share our food policy with you which we have created to ensure that our pupils eat healthily while on our premises.

**Morning snack**

The children are able to have a drink of water or milk. Milk is free for children until they are five years old and for pupils who are eligible for free school meals. If you would like to pay for your child to have milk after they are five, please do so via ‘Cool Milk’ (details from Mrs Neilson).

KS1 - Free fruit is provided for all Class 1 pupils.

KS2 - In Class 2 pupils can bring in one piece of fruit or veg, or fresh/dried fruit in a tub.

**Lunch**

**School dinners**

We have a designated governor who works alongside The Ship to ensure our school dinners are healthy and nutritious.

**Packed lunch**

If you provide your child with a packed lunch please note that it should not contain sweets, chocolate or a drink. Water is provided.

**Drinks during the day**

Class 2 bring a sports style water bottle to school which they can fill and drink from.

Class 1 are able to ask for a beaker of water when they need it during the day.

**Treats**

In order for us to achieve a healthy Schools award we have decided to ask parents **not** tobring in treats for their friends when it's their birthday or other celebrations.

On occasion we may have cake sales to raise money for charities but will always try to encourage a healthy option.

**Cooking**

Occasionally we cook with the children. We try to ensure that we cook healthy recipes and consider the dietary needs of the pupils in school.

In the next few weeks I will be asking the School Council to produce some posters and leaflets to promote our healthy food policy.

Thank you for your support.

Mrs Newman