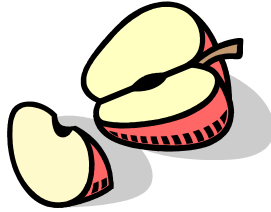


HEALTHY EATING AND DRINKING AT SCHOOL



The school encourages children to lead a healthy, active lifestyle which includes healthy eating and the adequate intake of water.

By drinking water throughout the day, it....



- Promotes good health and wellbeing amongst pupils and staff and other adults.
- Reduces tiredness, irritability and distraction from thirst.
- Can be a positive effect on pupils' concentration throughout the day
- Improve general health
- Healthy skin and fresher breath

Please provide your child with a named sip style water bottle

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Mid-morning break provides an opportunity for children to enjoy a portion of fruit together with a positive and enjoyable experience of eating fruit.

Please provide your child with a named plastic fruit container.

