

Breaktimes

We operate a 'flexible break time' which is needs led and on the basis that staff will take the children out for a break when they need it rather than waiting for a set time. It also means that the children often have the playground to themselves with more room to play.

Pupils may have fruit, vegetables or cereal bars as a break time snack. Snacks like chocolate bars, crisps or chocolate covered fruit are not allowed as we encourage the children to try to make healthy choices.

Our Infant children (Reception, Year 1 and Year 2) have free fruit each day as part of the government's Fruit and Vegetable Scheme.

All children should have a named water bottle available in school which are refillable at the water fountains/drinking water sinks.

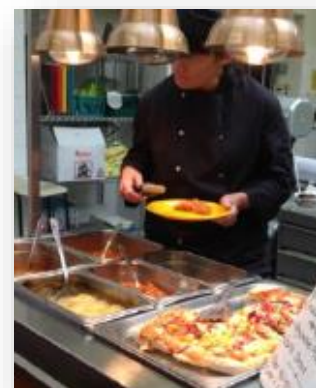
Lunchtime

We run our lunchtimes from 12.30pm to 1.25pm. however, from midday we welcome our Reception children into the hall first to ensure they have a quieter, less busy environment to get their lunch and settle down before any other children join them. Classroom staff accompany them during this time to ensure they are supported by familiar adults. Year 1 and 2 children join them first from 12.15pm followed by the rest of the year groups (on a rota system) from 12.30pm onwards.

When children have finished their lunch, they will make their way to the playground to play. We operate a mixed age playground and appoint our older pupils to the role of 'playground buddy' to support positive play and care for our younger pupils. We are very proud to have such caring and nurturing pupils in our school and lunchtimes ensure an opportunity for our children to make friends and to play with children outside their year group and strengthen those important bonds.

School Lunches

We are lucky enough to run our own school kitchen and as a result are able to offer a comprehensive healthy menu using local and seasonal produce, lovingly created by our Kitchen Manager, **Mrs Tracey Halliday**.





Our menus are designed each term in consultation with the children (through the School Council) and our meals are cooked and served on the premises. Children are asked to pre-order their menu choice during registration time each morning. Menus are displayed available at the school office and on our website in order that parents may help younger children plan their meal. Meals cost

£2.30 which we feel represents excellent value for money.

The menu for September is included in this pack

Free School Meals

Children up to the age of 7yrs are entitled to Universal 'Free school Meals'. However, Parents receiving Income Support could be entitled to claim free school meals beyond this age. By applying for this, your child's free school meal will also enable the school to claim additional funding to support the educational opportunities of the school. To apply, please use the web address below:

<https://www.cornwall.gov.uk/schools-and-education/schools-and-colleges/school-meals/apply-for-free-school-meals-and-pupil-premium/>

Please see our school office team who are more than happy to help you with this process.

Packed Lunches



Some children may prefer to bring a packed lunch from home, which they eat in the hall with the children who stay for school meals.

Although we ask for children to bring in a water bottle, we also sell various drinks at lunchtime which children with packed lunches can also purchase. For safety reasons we ask children not to bring hot drinks or soup in thermos flasks. We are a school that promotes healthy eating and would be grateful if parents would support us in helping their child to make healthy food choices in their lunch boxes.

Too much chocolate or foods with additives can affect behaviour and concentration in the afternoon therefore sweets are not permitted.

During warmer weather, we set up tables on the paved area outside the school hall to give the children the opportunity to eat their lunch in the open air (both packed lunch or school dinners).

