

FOOD, SNACKS AND DRINKS

Hot School Meals

Our pupils are able to enjoy delicious, nutritionally balanced dishes, individually prepared each day and cooked on the school premises. These meals are provided by Chartwells who offer a range of tasty hot main courses including a delicious vegetarian option each day, together with a choice of accompaniments and salads, a selection of fruit and desserts and a healthy drink.

If your child will be in Reception, Year 1 or Year 2 you are entitled to Universal Infant Free School Meals. You do not need to register and order through the Chartwell's website. The school will order these meals direct from them. This will include any promotional/festive special meal.

Parents of children in Years 3-6 can order meals for just £2.30 a day. To order meals for your child/children you must register on the Chartwells Meal Selector website: <https://westsussex.mealselector.co.uk>. You only have to register once; thereafter you will use your log in details that are set up during the registration process. You can place your order online at any time up until cut off time of midnight on Sunday - 7 days before the full week in which the meal is to be served.

If your child has a food allergy our hot school meal provider (Chartwells) will not provide a hot school meal unless you have contacted them and a contract has been drawn up to ensure they are providing food that meets your child's dietary needs.

For our younger children on the Lower Site - if your child requires a meal that does not permit the eating of meat (either all meats or one or more meats) then Chartwells will provide a vegetarian meal.

(See Chartwells' leaflet or visit their website <https://westsussex.mealselector.co.uk> for more information, including how to order, how to pay, terms & conditions and menus)

Milk - Children under 5 are entitled to free school milk by completing the Cool Milk form. For children over 5, milk may be purchased and will be given to children by the school daily.

Children are encouraged to bring **water** to school in a plastic drinks container. This bottle should be clearly labelled with your child's name and will be safely stored in your child's classroom each day. These may be refilled, if necessary, from the water fountains throughout the day.

Lunch Time Supervision

During lunchtime, all children are in the care of Teaching Assistants and specially employed mid-day meals supervisors (MDMS). A trained first aider is always on the premises.

Mid-Morning Snacks

Lower Site - As part of the government's healthy eating policy the school is provided with fruit and vegetables daily. The children therefore do not need to bring a snack with them.

Upper Site - Children are able to bring break-time snacks into school, these may include fresh or dried fruits (not processed fruit bars) or raw vegetables. The following drinks are permitted during break-time and lunchtime - fresh fruit juices, milk and water.

We do not allow fizzy drinks or glass bottles in school at any time.

Packed Lunches

Healthy Eating - *Please see our information sheet enclosed (healthy lunchboxes)*