

Keeping Healthy

At Barrs Court Primary School, we work hard to promote a healthy lifestyle evidenced through our PE, Personal, Social, Health & Citizenship Education (PSHCE), Eco Club, outdoor learning, the school garden and health promotion activities.

Parents/carers are asked to support this by providing balanced packed lunches for their children. Squash or fruit juice may be provided as part of the packed lunch. Our school kitchen offers a nutritional, balanced menu meeting National Food Standards.

At break time, only fruit or vegetables are allowed as a mid-morning snack.

- Children in FS2 and Red Area receive a free piece of fruit every day as part of a government scheme.
- Children in Blue and Green Area may bring their own or buy a healthy snack for 15p from Fruit Tuck.



Milk is offered to all children under 5 years of age but may be purchased for all other children from the Milk Service (details available from the school office).

Everyone has a right to access clean drinking water. We try to encourage pupils to drink water at school. Pupils are encouraged to drink water, when required, from their own water bottles or the tap or drinking fountain.

Please note that **only** water (brain juice) is allowed—no squash, fruit juice or flavoured water. Water has important health benefits. Research has shown that most children used to get dehydrated at school before water bottles were introduced and sipping water improves concentration and learning potential. The children drink the water through the day so any other drink would have a detrimental effect on their teeth as some drinks are acidic causing dental erosion if they are drunk too often. These drinks will also make classroom tables sticky, spoiling the children's work.

