

SUGAR RUSH

At the moment, children have been bringing unhealthy snacks for break time. We understand that not all children do this, but some children have been being eating Maltesers, crisps and drinking unhealthy drinks. This may be OK at your home but not at school.

As this is a healthy school, in the office, we sell fruit and you will only need to pay 50p for a wide selection of fruit (apples, bananas, carrots, pears, oranges and raisins). At lunch you can have crisps and drinks other than water ; however, we would suggest not to have chocolate bars.

I hope this helps you make healthy choices at school.

F.C

