



## **School Milk Scheme**

All children of primary age are entitled to receive free or subsidised milk at school, depending on their age.

*“A portion of fresh, chilled milk at mid-morning break provides protein, calcium and other vital nutrients, important for your child's growth and development. It's also a great way to bridge the gap between breakfast and lunch, re-hydrating your child and helping them to concentrate in class.”*

Whilst your child is under the age of 5 they are entitled to receive milk completely **free of charge** under the UK Government's Nursery Milk Scheme.

If your child is **under the age of 5** at the start of term, school will register your child for free milk automatically. We will provide Cool Milk with your child's name and date of birth as part of the registration process.

When your child turns 5, or if they are already **over the age of 5**, you have the option to pay for their milk directly through Cool Milk.

Please follow the registration process below to continue milk provision after you child's 5<sup>th</sup> birthday.

Either:

Visit [www.coolmilk.com](http://www.coolmilk.com) as soon as possible and select “Register your child for milk here”, then follow the on-screen instructions to register and pay;

Or:

Complete the registration form and send it to Cool Milk; they will then send you a payment request.

If your child is over 5 and entitled to **benefit-based free school meals**, the school will fund the cost of their milk on your behalf. Please contact the school office if you think you may be eligible.

## School Fruit and Vegetable Scheme

All our children in Reception, Years 1 and 2 also receive a **free** piece of fruit or vegetable every day through the School Fruit and Vegetables Scheme (SFVS).

Children in Years 3, 4, 5 and 6 are also encouraged to bring in a piece of fruit or vegetable to have as a mid-morning snack during their break time. However, other snacks are not permitted.



“Fruit and vegetables are a good source of the nutrients that children need and form part of a healthy, balanced diet. It's recommended that children – like adults – eat at least five portions of fruit and vegetables every day. But research shows that on average children in England eat only about three portions, with many eating fewer.

“If your child is aged four to six and attends a fully state-funded infant, primary or special school in England, they are entitled to receive a free piece of fruit or vegetable each school day. That provides one of their 5-A-Day portions, and the scheme also helps to increase awareness of the importance of eating fruit and vegetables, encouraging healthy eating habits that can be carried into later life.”

The fruit and vegetables are delivered to schools three times a week to ensure freshness. Depending on the season, there is usually a choice of:

- bananas
- apples
- pears
- carrots
- tomatoes
- easy-peel citrus fruits, such as satsumas

All the fruit and vegetables are washed before they are handed out, which is usually just before the mid-morning break, normally in individual class groups.

They are not handed out at lunch time – this ensures that the fruit and vegetables supplied are not simply replacing the fruit and vegetables that might have been eaten at lunchtime anyway.