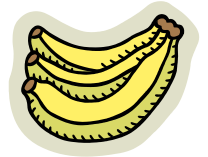




Healthy Break and Lunch

We operate a **Healthy Break and Lunch campaign** within Harding Memorial Integrated Primary School.

Each day the children should bring a healthy break such as fruit, raw veggies (e.g. carrot/celery/cucumber), dried fruit (e.g. raisins/apricots) yoghurt, a plain biscuit (e.g. digestive/rich tea), cheese strings/slices/dairyless triangles, brown bread with jam or a rice cake.



Children will be discouraged from bringing crisps, fizzy drinks or large chocolate bars (Mars/Snickers etc.) and these items should not be included within your child's break or packed lunch.

Children are also asked to drink still water during class. Recent studies have shown that when children drink still water during the day, they have better concentration and feel revitalised.

Please provide a bottle or flask of still water for the children to drink during class.

HARDING MEMORIAL INTEGRATED PRIMARY SCHOOL IS A NUT AWARE ZONE – PLEASE DO NOT INCLUDE NUTS OR NUT PRODUCTS IN YOUR CHILD'S BREAK OR LUNCH. THANK YOU.

For safety purposes please **do not** send hot drinks to school.

The cost for milk from 7th October -20th December is £9.50

If you wish your child to take milk in school at break time, please pay on the SchoolMoney system before **FRIDAY 27TH SEPTEMBER**. **You will be unable to pay after this date.**

If you do NOT wish your child to take milk the request for payment of £9.50 will disappear from your SchoolMoney information after this date – you will not be charged and you do not need to do anything further.

Thank you for your anticipated co-operation.

If you have any queries in relation to the School Milk Scheme please email the office at info@hardingmemorial.belfast.ni.sch.uk and we will endeavour to answer your questions.