

Hello again!

This is the newsletter about that very important topic –

Breaks, Lunchtimes and Food!



Break

We have a 15 minute morning break after lesson 1, at 9.55am. At break times, if the weather is fine, you will go outside where you can meet up with other students and friends. You can bring a snack with you to school to eat at that time if you would like to. Appropriate snacks please - we don't allow sweets or fizzy drinks in school! You could also choose to buy a snack at break - but remember to be careful and leave enough of your daily money to buy lunch later if you need to!



Lunchtimes

Lunchtime starts at 12.10pm and ends at 1.10pm. The whole school will have their lunchtime at the same time and we eat in either the canteen or in the Quad area outside.

Canteen lunches:



The menu will include a range of hot and cold food and you can choose what to buy. Beware – your parents/carers can also see what you are choosing so be sensible! There will be a copy of the menu choices displayed on your form notice board and around the school, so you can see and decide what you would like before you arrive in the Canteen.

All food must be paid for in advance by your parents/carers on your WisePay account. Information about this was sent out to them in the post packs.

Please make sure we know if you have any dietary requirements or allergies etc.

Bringing packed lunches:

You can bring your own packed lunches and drinks if you would prefer to. Again, sensible choices please - no fizzy drinks or sweets.



Where do I eat my lunch?

Whether you have a canteen or packed lunch, you will all eat your lunch in the Canteen or outside on the Quad. Sometimes there is a queue to use the canteen, so you might want to meet your friends first and get your lunch a bit later - you will soon get used to this and decide what the best way is. **You are not allowed to go into other people's form rooms or wander around the corridors.**



You should make sure all rubbish is cleared away and put in the food bins please before you leave the canteen. We will ask you to clean your table with a cloth so it is tidy and ready for the next people who sit there.

Once you have finished your lunch, and if the weather is dry, you will all go outside for the rest of your lunchtime where you can meet up with other Year 7 friends and play. Don't forget there will be clubs and activities to

try too!

Well I hope this helps answer any questions you might have about food and breaks —

If there is anything else you are worrying about or would like to know, then please do use the school email and we will do our best to answer your questions!

Best wishes

Mrs Holmes