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Blackbrook  
School

Aspiration Fairness Kindness Responsibility Teamwork

Headteacher: Mr Daniel Seviour BA (Hons) PGCE NPQH

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### Our school milk scheme

Our school provides a milk scheme that is available to all of our pupils and we automatically register your child. School milk is free for under-5s, and for over-5s it is available at a subsidised price.

Each child registered with Cool Milk will receive a 189ml portion of semi-skimmed milk every day, delivered fresh and chilled to the classroom. Their school milk will not only provide them with essential nutrients, but as it is rehydrating and energy boosting it also bridges the gap between breakfast and lunch to help children stay focused. For more information on how milk can benefit children visit <https://coolmilk.com/mighty-milk/>.

#### How to register

##### If your child is under five:

- Your child will be automatically registered by the school.
- Free milk will continue until the Friday before your child's fifth birthday.

##### If your child is five or older:

- Register and pay online at <https://coolmilk.com/>
- You can pay Cool Milk either online, over the phone or at a local PayPoint in half-termly, termly or annual instalments.
- Please pay by a Tuesday at 5pm for your child's milk to start the following week.

At present our supplier does not offer any alternative, dairy free options however this is something they are looking into and we may be able to offer alternatives in the future.

If you have any questions regarding school milk please visit <https://coolmilk.com/> or contact Cool Milk directly on 0844 854 2913. More information on milk is also available from the school.

### School Fruit and Vegetable Scheme

You may have heard about the Government's School Fruit and Vegetable Scheme. Under the scheme, each child aged four to six (Foundation and Key Stage 1) in LEA-maintained schools is entitled to receive a free piece of fruit or vegetable each school day. Scientists agree that everybody, including children, can reduce their risk of heart disease and cancer by eating at least five portions of fruit and vegetables every day. On average, children in the UK eat only two portions a day.

I am delighted that our school has the opportunity to participate in this exciting scheme, which reinforces our commitment to healthy eating. All children in Reception and Key Stage 1 are offered a **free** piece of fruit or vegetable each day. This will be given to your child in the classroom sometime during the afternoon. (This is in addition to their normal morning fruit snack you provide, as the aim is to increase the amount of fruit and vegetables children are eating).

The fruit and vegetables will be fresh, washed and of good quality. The aim is for the children to have a positive and enjoyable experience of fruit and vegetables. The scheme is voluntary, and although there is no obligation for your child to take part, I hope you will share our belief that it has many benefits. It is a great way to help us teach our children the benefits of healthy eating.



Blackbrook School is part of The Oak Partnership, a Multi Academy Trust of schools in Somerset. This school is committed to safeguarding and promoting the welfare of children and expects all staff and volunteers to share this commitment.