



## Feed My Brain, Body and Well-being!

We encourage the children to bring a small healthy snack for their mid-morning break.



We encourage the children to bring a healthy, balance packed lunch or order a meal provided in school by Sodexo. The Sodexo menu can be found on the school website and is changed weekly.



Children are encouraged to drink water from their water bottles throughout the day.



Help your child be Brain Smart. There is some great information to be found here:

<http://www.bbc.co.uk/scotland/brainsmart/>