

Hampstead Hill School Breakfast Guidance

For Early Years and Pre-Reception children arriving between 7:45-8:15

1. Purpose

At HHS, we understand that many families may live far from school or have a long journey on public transport. Further, with so many parents running extremely busy lives, it is important that a School recognises the pressures of today's working arrangements.

Parents/carers whose children arrive at school between 7:45-8:15 may choose to send breakfast for their child to eat at school. This allows the children an adequate period to eat their breakfast prior to school starting at 8:45. Please see the guidance below for details regarding our breakfast provision.

2. Guidance

2.1 Supervision and Provision

At HHS we will supervise children while eating their breakfast and assist children with eating if necessary. However, we will not warm up any food or cook any part of a child's breakfast.

Please note, we will provide cow's milk if needed, however, for any other varieties of milk, please ensure you provide your own.

2.2 Foods to Avoid

Please ensure the breakfast you provide for your children is free from:

- All nuts, including nut butters and nut milks
- Sesame
- Strawberries
- Eggs and all products containing eggs, e.g. muffins, croissants and pastries

Please note, breakfast foods should be healthy such as, yoghurt, porridge, bagels, cereals and fruit.

Please ensure you cut up foods that may pose a choking hazard to children.