



22nd November 2023

Dear Parents/Carers

We have noticed that a lot of children are bringing snacks into school to eat at breaktimes. (Please Note: children in Nursery, Reception, Year 1, and Year 2 do not need to bring any snacks into school as a selection of fruit is available for them each day). Whilst we are happy for children from Year 3 upwards to bring in a small snack to eat at breaktime, we are aware that many of the snacks being brought in are not the healthiest, for example: crisps (including large "share" packets), chocolate bars, biscuits, and sweets, etc.

As a school it is our duty and responsibility to encourage the children to eat healthily while they are in our care.

With this in mind, we have attached a list (on the reverse of this letter) of healthier options if you do wish to send your child into school with a snack. Please remember: No nuts in school as we have some children with allergies.

We also recommend that your child brings a bottle of water into school with them, rather than sugary fruit drinks.

Remember: A snack of one chocolate bar and a juice drink pouch could equal up to 8 spoons of sugar!

You can also find lots of information about healthy eating and ideas for snacks here:

<https://www.nhs.uk/healthier-families/food-facts/healthier-snacks/>

Thank you for your support and co-operation with this.

Yours faithfully

Miss L Smith
Head Teacher





Healthier Snack Ideas for Break Times

- Vegetable sticks – cut up cucumber, carrot, peppers, celery etc, into sticks
- Fruit – either chopped or whole – eg: apple, banana, strawberries, orange
- Plain popcorn (not flavoured)
- Low fat/low sugar yoghurt or fromage frais tube/pouch
- Plain rice cakes
- Healthier option breakfast bars
- Piece of fruit loaf or malt loaf
- Fruit muffin
- Small sandwich, eg: tuna/chicken/turkey (one slice of bread – preferably wholemeal)
- Dried fruits – eg: raisins, apricots, banana
- Small pot of tinned fruit (in juice, not syrup)