

Dear Parents and Carers,

We recognise that most children need a couple of snacks throughout the day, as well as 3 meals to keep them going. We encourage children to bring in healthy snacks full of vitamins and minerals containing no added salt, fat or sugar. Many of these will help contribute to their 5 daily portions of fruit and vegetables, keep them alert and help them concentrate.

It can be hard during the week to think of suitable items for them to bring in to school, but we are aiming, with the help of the children and our community, to not only support them in making healthy choices regarding snacks, but to also reduce food packaging and waste. Providing snacks in a small, named, recyclable container is ideal.

For the younger pupils school always has fruit and/or vegetables available for the children during their mid-morning break and for many children this may be sufficient. If you are intending to send in other healthy snacks with your child please limit them to the list below.

- vegetable sticks – such as celery, cucumber, peppers or carrot, a range of colour ensures different vitamins and minerals.
- a piece of cheese eg, Babybel, cheese string...
- a piece of fresh or dried fruit, high in soluble fibre and vitamins would also be a great snack– pineapple, mango, kiwi, plain raisins, apricots, blueberries, banana slices.
- Bread sticks, plain pretzels, banana bread, malt loaf, oat/rice cakes, plain popcorn and small pitta breads are also good snacks, providing children with carbohydrate to sustain them in-between meals.
- Homemade snack - flapjacks or other oat/whole grain based snack. **These must be nut free.**

**Important:**

- **All snacks must be nut free.** Items brought into school should be carefully checked by you, to ensure this.
- **We seek to encourage healthy eating so we would ask that children do not bring in chocolate bars or snacks with chocolate in.**
- We do have pupils who are severely allergic to a range of nuts. Chocolate bar snacks can sometimes be processed in factories that process nut snacks.
- We need the children to stay hydrated and so please ensure they bring a named water bottle into school daily. **Squash and fruit juice are not permitted.**

We have asked our teaching, support and mid-day staff to check what children bring in to keep everyone safe, and whilst we recognise that most parents/ carers will have made careful choices for their child, our staff do not have time to check every single bar or product therefore we would therefore kindly ask that you do not send chocolate, highly processed snack bars or bars that may be mis-construed as being a risk to others. We really need all children to listen carefully to those that are supporting them and keeping them safe at school and if a snack is not appropriate your child may be asked to take it home with them. Your support with this is much appreciated.

We hope that with your help, we can encourage the children to develop healthy eating habits that become a normal part of everyday life. By keeping high calorie snacks to a minimum and establishing healthy eating habits early on, improvements can be made for a child's quality of life both in the short and long term.

We thank you for your support



Miss V Buckland  
Headteacher