

Tuesday, 15 September 2020

Dear parent/carers,



### **Healthy snacks in school**

I want to provide some clarity about snacks in school.

It may be helpful for you to provide your child with a healthy snack to have at morning break and we would encourage you to do so.

We often find energy levels begin to drop just after break and a healthy snack can not only plug the hunger gap between breakfast and lunch, but also provide valuable fuel to maintain concentration for the whole morning.

It can often be confusing about what constitutes a healthy snack.

Fruit and vegetables are an obvious yes, whilst chocolate, crisps and sweets are a definite no.

But what about yogurts, bread, crackers, health bars and fruit bars?

Sometimes, what seems like a healthy alternative can contain more sugar than a chocolate bar.

So where do we stand as a school?

We want to encourage a healthy lifestyle for all our pupils and nutrition is a key part of that. However, we are not going to police and pass judgement on every snack a child brings into school, this is not a good use of our time. Therefore, we ask you all to use your best judgement when it comes to providing snacks for your child.

If a child does have an obviously unhealthy snack in school, staff will ask them to return it to their bag.

This is another opportunity for school and home to work together to educate our children about the importance of a healthy diet, sometimes just a small change in one aspect of our diet can have a huge impact in other areas of our lives.

The following website is a very useful guide for healthy snacks for children, with lots of practical examples of what you could provide.

<https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids>

This is also a good opportunity to remind you all that we have members of our school community who can have an extremely serious reaction to nut products. We thank you for your

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continued cooperation in keeping our children safe by avoiding sending your child to school with products containing nuts.

Kind regards  
Michael Watson  
Headteacher

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