

## Healthy Snacks

10<sup>th</sup> November 2023

Dear Parents/Carers,

As part of our commitment to nurturing the wellbeing of our pupils, we want to ensure that all children have the most appropriate fuel inside their bodies to help them learn each day.

Because of this, children are encouraged to bring a healthy snack to eat during our morning break time.

Children in Early Years and Key Stage 1, have fruit and vegetables provided for them. They are able to bring a healthy snack of their own if they wish.

We are asking for your support to ensure that any snack sent into school is a healthy snack, such as fruit, vegetables or breadsticks, **no nuts** as we are a nut free school.

This snack must be kept in their school bag or book bag. The snack **must not** be kept in their lunch box. This will enable quicker and easier access to snacks on the way out for break times. It will also ensure that children won't be tempted to take another item intended for their lunch.

We thank you and appreciate your continued support.

Mrs. L Cooke  
Head of School

