



March 2018

Dear Parents and Carers,

Healthy Eating Break Time Snacks

I am writing to clarify the school policy on healthy snacks at break time. **This does not apply to lunch boxes.**

Diet and nutrition play an important role in the mental, physical and social development of a child. The establishment of healthy eating in childhood can reduce the risk of health problems such as coronary heart disease, diabetes and osteoporosis in later life. With this in mind, as a 'Healthy School', we aim to establish good eating habits, to promote good growth and to hope that these will be continued into adulthood.

Recently we have noticed in school that some children are bringing in snacks with a high fat and sugar content and would like to take the opportunity to work with children to enable them to make healthier choices.

Healthy Choices

The best snacks for break time are foods that they can eat outside and they can eat with their fingers. In line with our healthy eating policy a piece of fruit is provided for every KS1 and EYFS child in school. Other options could be:

- A piece of fruit
- Vegetable sticks
- Filled rolls / sandwiches / pittas / tortillas
- Crispbreads
- Rice cakes
- Bread sticks with cheese
- Crackers spread with low fat cream cheese
- Cheese/cheese strings

Sugar- and fat-laden foods such as confectionary, biscuits, pastries, sausage rolls and crisps should be avoided. Please note: that the most recent guidance is that dried fruit is no longer recommended as a between-meal snack as it's high in sugar and can be bad for teeth.

Fluids in School

We would also like to take this opportunity to remind parents that children are encouraged to bring water bottles into school. Children require 6-8 glasses of fluid a day to stay healthy and even small levels of dehydration can lead to reduced levels of concentration and affect behaviour. Personal water bottles can be kept in the classroom and can be filled as needed. Bottles, however, should go home each day to be washed.

In conclusion, we do not wish to stop break time snacks but we do rely on our parents to make the healthy choices for our pupils and to abide by our school policy. We are not the 'Lunchbox Police'! The points above are purely for break time snacks and a balanced lunchbox which includes a biscuit or small bag of crisps is perfectly fine.

Yours sincerely



Mrs Lucy Anderton
Headteacher



