

Dear Parents and Carers,

During the next academic year, we would like to continue focusing on the well-being of our pupils and we want to ensure that they have the best fuel inside their bodies to help them learn. As we know from research undertaken by the School Food Trust, eating healthily can positively affect children's behaviour in the classroom. As a school, it is part of our responsibility to help children learn how to eat healthily. We want to ensure that what the children eat at break times in particular is categorised as a healthy snack.

Children need healthy snacks to help them grow and stay healthy. Snacking isn't bad for children, but what they snack on is important. If you give your child healthy snacks now, he or she will learn to make healthy food choices in the future.

Following long discussions amongst staff and our pupil school council, we have created a list of food we categorise as healthy snacks. These include fruit, vegetables e.g. carrot sticks, low sugar cereal bars, low fat string cheese, rice cakes, and whole grain muffins or bagels. Processed, less-healthy snack foods such as crisps, sugary drinks, sweets and cake are OK to eat once in a while but should not be offered every day. These foods usually have a lot of extra and unnecessary fat, calories, salt and/or sugar. We ask that you save these treats as ones you give at home and not at school.

Whilst we know that the majority of our parents already only provide healthy snacks for their children, it has been brought to our attention that a number of our pupils are attending local shops before school and using their pocket or lunch money to purchase unhealthy and sugary food and snacks. We have sadly seen pupils arriving to school with fizzy drinks and very large packets of sweets and crisps. If children do have an unhealthy snack from September it will be kept safe for them and they can collect it from the relevant teacher at the end of the day. It will also be logged on Epraise so that parents can monitor.

In line with our healthy snack policy we will be introducing a new break time snack menu, details of this will be updated onto our website shortly.

From September we are planning to introduce a cashless catering system which is supported through Parent mail, our existing payment scheme. More details will follow.

Our current focus is on the snacks the pupils are eating at break time and in the future we may look at introducing a lunch box policy if this is something we deem necessary.

If your child has a diagnosed medical condition that affects their eating then please inform their class teacher.

We would also like to remind you that children should have water in their water bottles in the classroom. Pupils are able to have a carton of juice in their lunchbox to have at lunchtime if you wish.