



Dear Parents and Carers,

As part of our work to maintain the Healthy Schools status, we are constantly reviewing our practices and ensuring that we provide the healthiest options for our children throughout the school day.

## Break Time

We thank you for your continued support in our decision to eliminate the consumption of crisps, biscuits and cakes during morning break times. Our current policy allows fruit or vegetables only to be consumed by the children during morning break.

Children in KS1 receive a free fruit snack provided by the government. KS2 children do not receive the government scheme for free fruit and vegetables. Children may bring in their own snack from home for break time or alternatively, children may purchase items from our school 'tuck shop'.

Our school 'tuck shop' offers a range of government approved healthy and tasty snacks. Your child can bring money into school to spend in the tuck shop, they will be responsible for their own money. The items in the tuck shop range from 20p-60p each and children may buy one or two items per day.

## Lunch Time

It is great to see so many healthier choices in the children's lunchboxes too. Fresh fruit and vegetables, yoghurts, Babybel cheese or similar, fruit flakes, dried fruit, breadsticks, plain rice cakes are all great ideas. Lunchboxes must not contain nuts, eggs or confectionary such as chocolate and sweets,. We ask you to consider including crisps and cakes perhaps only once or twice a week.

If you are providing a drink from home, we ask for this to be water only. Children may help themselves to a cup of water from the canteen.

## Celebrations

Last year we made a change to how we celebrate special days and events such as birthdays. We ask that children no longer bring in sweets or any other type of confectionary to give out to their peers to celebrate their birthdays or any other special events. We will however make sure we celebrate your child's special day with them. Teachers will decide with their classes on a celebration such as choosing a special song or playing a special game.

Whilst I know that some parents may disagree with some of the decisions we have made, I hope that you understand the reasons behind them and that the health and wellbeing of the children is central to the changes. We thank you for your continued support.

Yours sincerely,

Mrs Hallifax

(Healthy Schools Leader)

