

	<p>ABBOTS FARM JUNIOR SCHOOL Abbotts Way, Rugby, CV21 4AP Tel: 01788 576074 Email: admin2421@welearn365.com</p>	<p>Our School Values: <i>Courage Tolerance</i> <i>Consideration Honesty</i> <i>Creativity</i></p>
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12th November 2015

Dear Parents / Carers

Healthy Snacks

I am writing to parents to clarify the school policy on healthy snacks, as I have had a number of queries from parents recently.

Generally speaking, if a child has had a nourishing breakfast, a playtime snack should not be necessary if they are having a healthy lunch. Having a healthy balanced lunch has been credited as a contributing factor in the improvement of pupil's concentration, attention, energy levels and ultimately high levels of academic achievement.

However, we are aware that some children will eat very little at breakfast time and may benefit from an opportunity to eat a snack at break time. Fresh Milk is available daily and is served in cups measuring a third of a pint. The government provide free milk in school for all children under the age of five but all other children wishing to have school milk must pay a subsidised rate of 22p per day. If you would like your child to receive milk at break time can you please download a copy of the letter from the school website or pick one up from the office.

The school policy on snacks is to ensure that they should be a healthy option. The governors have outlined this in our school prospectus:

If you would like your child to have a mid-morning snack, we encourage them to bring in fresh / dried fruit or vegetables. No sweets please.

The best snack for break time, are foods that they can eat outside and they can eat with their fingers. Chopped up, fruit or raw veggies such as carrots or peppers are ideal. Breadsticks and wholemeal crackers are also great finger foods that can be spread with low-fat soft cheese. 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.

Parents have asked about various shop purchased snacks, such as fruit winders and various breakfast bars etc. As I have mentioned in previous communications, we have banned nut snacks as we have a child with a nut allergy in school and most of these snacks do have traces of nut and they are usually high in sugar.

Finally, we do not wish to stop the 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. Please do not send snacks that are high in fat or sugar (e.g. chocolate, crisps and sweets) as it is upsetting for the children when staff have to stop them eating their snack.

Mrs Sharon Farrell
Headteacher

