

# All Saints' C of E Primary School

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*Inspire Challenge Succeed*

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Dear Parents,

## SNACKS IN SCHOOL

As I am sure you are aware, 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, 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 (e.g. bags of crisps, chocolate biscuits and sugary snacks) and would like to take the opportunity to remind you that children are not allowed to bring in such items for playtime snacks.

In school we feel that it is beneficial for all children to have a snack at break time. This is an important part of the diet for young people who may not get enough energy for growth and development from their three main meals and because snacks can positively contribute towards a balanced diet (providing foods which are high in sugar, fat or salt are avoided). We actively encourage healthy snacks at break time. In line with our healthy eating policy a piece of fruit is provided for every KS1 and EYFS child in school, with any surplus fruit distributed to KS2 children.

*Motivation Cooperation Creativity Independence Curiosity Stickability*



## Healthy Choices

We have drawn up a list of possible healthy snacks that children are allowed to bring into school for a mid-morning snack.

- A piece of fruit
- dried fruit such as raisins or apricots
- vegetable sticks
- rice cakes, crispbreads or crackers
- bread sticks

**\*\*\* Sugar- and fat-laden foods such as confectionary, biscuits, pastries, sausage rolls and crisps should not be brought into school for snack \*\*\***

## Fluids in School

I would also like to take this opportunity to remind you 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. Children can refill their bottles during the day. Bottles, however, should go home each day to be washed.

Thank your support with this matter.

Kind Regards,

Clare Lamb

Headteacher

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