COLLIS PRIMARY SCHOOL

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Dear Parents/Carers,

Quick Updates: Healthy snacks / Footwear and Field Use During Muddy Conditions Year 1-6

As part of our commitment to promoting a healthy environment at Collis Primary School, we have recently undertaken a review of school snacks to ensure that our pupils have access to healthy options during break time. For our Infant (KS1) children, please note that fruit is provided by the school, and they do not need to bring snacks. However, for our Junior (KS2) pupils, we encourage the children to bring in a healthy snack for their break time. Ideally, we suggest that pupils bring either a piece of fruit or a vegetable. However, there are other wholesome grain options, such as low-sugar dry cereal bars (without nuts), crackers, rice cakes, malt loaf, breadsticks, and similar items which work well as a healthy snack. It is important to note that not all grain snacks are created equal; some may be high in sugar, salt, and saturated fat.

To provide clarity for parents, pupils, and our staff, we have outlined the following simple guidelines for break time snacks for the junior pupils:

1. **Ideally, bring in a piece of fruit or a vegetable.**
2. **Please do not bring in any of the following food items: nuts, snacks containing nuts, chocolate, crisps, sweets, cake, biscuits, or fizzy drinks.**
3. **Other grain/bread/protein/dairy snacks are permitted but should be nut-free and low in sugar and salt.**

We hope that this information proves to be helpful and serves as a reference for break time snack choices. We also enclose a leaflet that explains some further options and healthy ideas for parents.

Field Use During Muddy Conditions Year 1-6

In light of the recent rain, our school field has become particularly muddy. While we want to ensure that the children can still enjoy the field during playtimes, we need your support in keeping the inside of our school buildings clean and free from mud.

Please take note of the following reminders to help us manage this:

All children must wear black school shoes as part of their school uniform (non-PE Days).

Please ensure your child has a spare pair of trainers in school for use on the field during muddy conditions. These trainers should not be worn with their school uniform and are for field use only.

Children can also wear wellies if they prefer, this is a popular option for the younger infant child who tend not play sports on the field.

On PE kit days, your child can wear plimsolls or a different pair of trainers inside the building. These can be kept in the classroom, but please make sure they are clearly labelled with your child's name.

If your child does not have a separate pair of outdoor shoes for the field, we will ask them to play on the hard surface of the playground instead.

Thank you for your cooperation in helping us maintain a clean and comfortable learning environment for everyone.

Kind regards,
Collis Primary School