15/1/2024

Dear Parents and Carers,

Healthy Snack Guidelines for Break Time at Collis Primary School

As part of our commitment to promoting a healthy environment at Collis Primary School, we have 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.

Thank you for your support.

Best wishes,

Collis School