



**Etwall Primary School**

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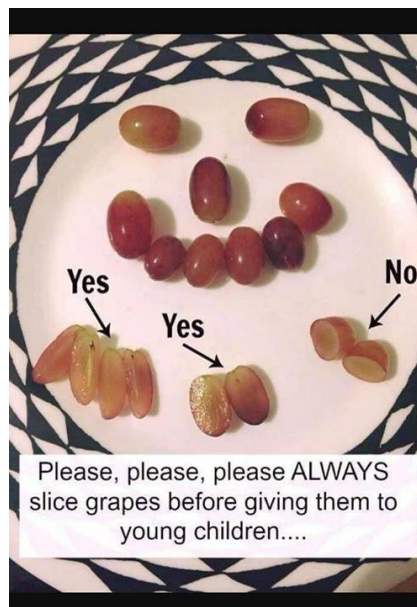
**Mrs Sally Dixey**

Head Teacher

Dear parents and carers,

We have noticed lots of children bring in grapes and tomatoes as a break time snack or as part of their packed lunch. This is great, but we strongly advise that they are cut at least in half lengthwise, although preferably into quarters depending on their size. Fruit and vegetables provided as part of a school lunch are cut accordingly.

The size and shape of grapes and tomatoes means they can completely plug a child's airway and the tight seal produced by the smooth surface makes them difficult to dislodge with standard first aid techniques. Grapes are the third most common cause of death among children who die in food-related choking incidents.



Can we also please ask that you help us to follow the governing body's healthy eating policy, most notably: not sending children in with products containing nuts or with chocolate bars and sweets. The midday staff have noticed a recent increase in the latter, which makes it more difficult as a school to promote healthy lifestyles and balanced diets.

As always, we appreciate your support.

Yours faithfully,

Mr Ormiston  
Co-headteacher

