

Tuesday 7th January 2019

Healthy Snacks

Dear Parents/Carers,

As stated in the last newsletter, this year we are looking at improving how we teach the children about and encourage healthy lifestyles. This term we are focussing on the snacks children eat at playtime.

Children in Reception and KS1 will continue to be provided with a piece of fruit or veg every day at playtime, through the government scheme. Children in KS2 may bring in a snack of fresh fruit or veg to eat at playtime.

Yesterday in assembly, we discussed why it is important to be healthy and the benefits of eating fruit and veg – ask your child about this! Since then many children have been keen to tell me about the fruit they are eating, which has been lovely.

This week we are encouraging children to eat fresh fruit and veg at playtime and from Monday children will only be allowed this. If your child is in KS2, and you wish them to have a snack at playtime, please can you provide them with snack of fresh fruit or veg.

Thank you for your support with this.

Yours faithfully

Miss C Thomas
Headteacher