

Snack Attack!

For many years the school has been registered as a 'Healthy School'. Mrs Barnes ensures that all her meals meet the nutritional guidelines for school meals and we would really like to ensure that snacks eaten by the children at school are also as healthy as possible.

Therefore, from September, if children wish to eat a snack at playtime it will need to be one of the following:

- **Fresh fruit or vegetables (not dried fruit)**
- **A snack size cereal bar without chocolate.**

We will composting waste from the fresh produce and are trying hard to reduce other non-recyclable waste in the playground.

In school, snacks must be one the healthy options listed above. The best snacks for break time, are foods that can be eaten outside and that can be eaten with fingers. Chopped up, fruit or raw veggies such as carrots or peppers are ideal. Please note: that the most recent guidance is that dried fruit is no longer recommended as a between-meal snack as it is high in sugar and can be bad for teeth.

Finally, we do not wish to stop children having a break time snack but we do rely on you as parents to make the healthy choices for our pupils.. Please do not send snacks that are high in fat or sugar (e.g. chocolate, crisps and sweets) as it is upsetting for the children when a member of staff has to stop them eating their snack.

Thank you for your help in making playtime snacks a healthy option at Portesham Primary School.

Kind regards

Vicky Prior

