



Naunton Park Primary School

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Headteacher: Mrs N Hill BA (Hons), PGCE, MA (SEN), NPQH

Deputy Headteacher: Miss L Hudson BSc (Hons), PGCE

16th September 2019

Dear Parents

It has been fabulous to welcome all the children back to school and to meet all the new children in Reception. I just wanted to take a moment to remind you all about breaktime snacks. We encourage the children to bring a snack for breaktime, to keep their energy levels up until lunchtime.

The following breaktime snacks are allowed:

- fresh fruit and vegetables (prepared pots, whole pieces, sticks with dips);
- dried fruit without added sugar, fat or salt (e.g. apricots, sultanas, rasins) but not nuts;
- plain currant/raisin bread; bread (sandwich, savoury muffins, plain or filled bagel, baguette, pita or wrap); plain rice cakes;
- or pasta salad.

- All children in FS and KS1 have free fruit and vegetables every breaktime through the government's fruit and vegetable initiative.
- Wednesday is free choice day, but no sweets or chocolate should be consumed.
- **Nuts are not to be brought into school as there may be a serious risk of them triggering allergic reactions in other children.**
- Biscuits, cereal bases and processed fruit bars are not part of the School Food Trust Standards as they are very high in saturated fat, sugar and/or salt and not considered healthy options outside of mealtimes.
- Milk is available free of charge to under fives and all other children can have milk at breaktimes if their parents have bought it through Cool Milk.
- Parents of children who, **for medical reasons**, may not be able to eat fruit and vegetables should discuss alternatives with the headteacher.
- Children are not allowed to share snacks.
- We encourage the composting of fruit waste.

Morning snacks should be kept in children's bags or book bags, not in their lunch boxes, as lunch boxes are stored in larger containers next to the canteen and are not accessible until lunchtime.

Kind regards

Mrs Nikki Hill, Headteacher

