



Long Sutton County Primary School
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Registered Company Number 07788995

Headteacher: Miss S Gray

10th October 2022

Dear Parents and Carers,

Healthy Snacks

We are working hard with our pupils as part of our school curriculum and wider school ethos to promote healthy eating habits. Children's eating and drinking habits can be instrumental in the way that they feel throughout the day and helps to prepare them for their learning.

Children in Nursery, Reception, Year 1 and Year 2 receive a FREE piece of fruit or vegetable each day for snack time. We encourage them to eat this and take the opportunity to discuss the benefits of eating fruit and veg as part of a healthy diet. As a school we also offer the milk scheme to parents and children can access milk at snack time as part of this subsidised scheme.

We would ask you to support our work by also providing your child with healthy snacks if they are in KS2 and for those who wish to bring their own snack to school in reception and KS1. These snacks should be packed separately to lunches in a small, named box that can then be kept in the children's tray in the classroom.

We ask that these snacks are either fruit (fresh or dried), vegetables, cereal bars (without nuts) or plain non chocolate coated biscuits.



The links below give advice to parents about healthy snacks for children for before, during and after school
<https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids>

Your support with this is greatly appreciated.

Yours Sincerely,

Mrs R Hales
Deputy Headteacher



Part of Keystone Academy Trust

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