



Blaise Primary  
and Nursery School

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*Creating Success: laying foundations; thriving on challenge; and believing we can.*

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15<sup>th</sup> January 2018

Dear Parents / Carers,

**Re: Break time snacks at Blaise**

As we aim to maximise the amount of time the children get to play, socialise and exercise outside there will no longer be a Tuck Shop at playtimes from next term, Monday, 19<sup>th</sup> February 2018. Instead Parents/Carers can choose to send their children in with a snack for playtime.

We would like to take this opportunity to clarify the school policy on healthy snacks. Generally speaking, if a child has had a nourishing breakfast, a playtime snack may not be necessary. However, we are aware that some children who eat less at breakfast time may benefit from an opportunity to eat a snack at break time.

The government provide free milk in school for all children under the age of five but all other children wishing to have school milk can sign up by completing the order form for next term that will be coming out in the very near future so please look out for it.

The school policy on snacks is to ensure that they should be a healthy option. If you would like your child to have a mid-morning snack, we encourage them to bring in fresh fruit or vegetables. No sweets or crisps please. The best snacks for break-time are foods that they can eat outside and they can eat with their fingers. Chopped up fruit or raw vegetables such as carrots or peppers are ideal. Breadsticks and wholemeal crackers are also great finger foods that can be spread with low-fat soft cheese.

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.

With regards to shop purchased snacks, we agree with the NHS Change for Life's *Snack Smart* advice to *look for 100 calorie snacks, two a day max!* Further details can be found at:

<https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids/100-calorie-snacks>

We continue to encourage all children to bring a water bottle to school.

Finally, as we have children with severe allergies in school we ask that you do not send your child to school with a snack that contains nuts.

Many thanks for your continued support and understanding.

Yours sincerely,

Mr M Bonaddio  
Head Teacher

