



18 December 2018

Dear Parents

'Treat Friday' starting in January

As you are aware, our pupils are currently allowed to bring a healthy snack to school to consume at morning break. Snacking helps children to keep their energy up, make up for skipped breakfasts, and provide fuel for activities throughout the day. We are asking for your assistance in helping your child to plan and pack the appropriate snacks as we have noticed a significant increase in the number of unhealthy snacks at playtime.

In adherence with our school's healthy eating policy, **"all snacks served during the school day should make a positive contribution to the children's diets and health."**

Children eat more fruits and vegetables when they are offered to them. Our bodies need some sodium and sugar, but almost everyone consumes more than they need, contributing to obesity and other health problems. Whole grains give children their B vitamins, minerals, and fibre, which helps keep them full longer and stay alert in order to concentrate at school.

Healthy snack ideas include (but are not limited to):

- Fruit
- Toast
- Rice cakes
- Chopped up vegetables such as carrot, cucumber, peppers
- Crackers and breadsticks
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The School Council have been writing their own version of the Health Eating policy to share with the children in school. They have also chosen to launch a new initiative called **'Treat Friday'**.

The children will be strongly encouraged to bring in only healthy snacks on a Monday to Thursday for morning play. On a Friday, they may bring in a small treat such as a biscuit.

We respectfully ask that the children must not bring in sweets or any products containing nuts for their snacks at any time for health and allergy reasons. Such products will be swapped for a piece of fruit and returned home.

We hope that by launching **Treat Friday** from January you will be able to encourage your children to eat more healthily. We are happy for you to use "school rules" for children changing to healthy alternatives – it could be a New Years' Resolution for us all!

Yours Sincerely

Louise Hilton
(Healthy Schools Lead)