



Yardley Wood Community Primary School
"Learning Through Life"

Friday 9th September 2022

RE: Break times snacks and packed lunches

Dear Parents and Carers,

We would like to share some reminders regarding packed lunches and break time snacks. We want to support parents as much as possible to make healthy choices for their children's meals and to ensure pupils can concentrate and maintain healthy blood sugar levels whilst in school as well as develop healthy eating choices.

Break time snacks:

Pupils in Nursery, Reception, year 1 and 2 all receive daily fruit or vegetables in school as part of government initiatives and we endeavour to feed any pupil who feels hungry. ***Pupils in Yrs 3-6 are able to bring their own fruit (or vegetables) in to eat during their break time. Please do not send your child with any other form of snack.*** Any pupils with high sugar snacks including those advertised as 'healthy' (breakfast/cereal bars, fruit winders crisps, sweets or biscuits etc) will be asked to return them to their bags or they will be kept in a secure place in class until the end of the school day. These children will be provided with the option to have spare fruit/vegetables if available.

Packed Lunches:

In the past, we have tried to ensure that packed lunches are of a similar healthy standard to school meals, but we recognise that it can be difficult to navigate the array of different types of foods and to ensure variety in packed lunches.

Therefore, to clarify our rules for packed lunches, they **must not** include;

- More than one chocolate item
- Large bags of crisps
- Nuts (to safeguard those with allergies)
- Fizzy drinks
- Sweets

Thank you for your continued support,

Yours faithfully

Mr R Hopkins
PE and Sport Lead