

October 2020

Dear Parents/Guardians,

As a school it is important that we encourage our children to have a healthy, balanced diet and we therefore ask that you support us by doing the following:

- Please try to ensure that your child has a healthy breakfast before they come to school, such as brown toast or a low-sugar cereal. The following website offers some advice on healthy breakfast cereals: <https://www.nhs.uk/live-well/eat-well/healthy-breakfast-cereals/>
- Please **provide your child with only fresh fruit/vegetables or breadsticks for their school snack**. Snacks such as biscuits or crisps **must not** be sent in as these are high in sugar or salt.
- **Only provide water in your child's classroom bottle**. Children should not bring squash or juice in their classroom bottles because these can contain added sugars and sweeteners which can erode children's teeth.
- Please provide your child with a healthy lunchbox. The attached information leaflet from the NHS is helpful and offers ideas and guidance.

Thank you for your continued support in this matter.

Mrs Long
Healthy Schools Coordinator

