

Wednesday 2nd October 2019

Dear Parents and Carers,

Snacks

At Connaught Junior School, we have introduced a list of mid-morning snacks that children are permitted to bring into school. This is to ensure that children are bringing in snacks that would fill them up and keep them going until lunchtime, whilst trying to choose snacks that were not excessive in salt, sugar or fat.

The list is as follows:

1. Fruit (either a whole piece or sliced up and in a plastic container. Grapes must be sliced length ways in half.) *Bear products are permitted.*
2. Vegetables (eg. Celery sticks, sliced cucumber, carrot sticks, etc.)
3. Bread sticks/pitta bread/rice or oat cakes/crackers (+ dip is also allowed)
4. A plain biscuit (eg. digestive or rich tea – no chocolate coating)
5. Cereal/breakfast bar – no nuts or chocolate chips
6. Dried fruit (eg. Raisins, bananas, mango)
7. Crackers/Cheddars
8. Cheese cut into cubes or BabyBel
9. Plain popcorn (not Butterkist or toffee/caramel flavour)
10. Soreen bars (Not the chocolate variety and no other cakes or cake bars are permitted)

This list was compiled with help from our Nutrition Working Party, made up of parents, children and our school nurse. The choice was designed to be wide enough so as to not limit too much what children could bring in, and was also designed to be mindful of children who have food allergies or a limited diet for one reason or another. It is important that children have a healthy relationship with food and the nutritional value of all the food on the list was considered. Due to severe allergies in the school, **no nuts or nut products are permitted.**

If your child brings a snack into school that is not permitted, they will be asked to put it away in their bag.

Please feel free to approach me if you have any questions regarding this.

Yours sincerely,

Mr Stevens
Head of Year 3