



Thursday 22<sup>nd</sup> January 2026

**RE: Healthy Snacks at Breaktime**

Dear Parent/Carer,

We are writing to remind families about our school expectations regarding healthy snacks for breaktime. Recently, we have noticed an increasing number of children bringing crisps, chocolate and other sugary snacks into school for their morning break. While we understand that these foods may be enjoyed as treats at home, breaktime snacks should support children's health and wellbeing and help them to remain focused and ready to learn throughout the school day.

Providing a healthy snack at breaktime plays an important role in maintaining steady energy levels, supporting concentration in lessons and encouraging positive lifelong habits around food and nutrition.

Suitable breaktime snacks include fresh fruit, prepared fruit such as grapes or berries, vegetable sticks, plain breadsticks or rice cakes and cereal bars with reduced sugar. We kindly ask that chocolate, crisps, sweets and sugary cereal bars are not sent into school for breaktime.

We would also like to remind parents that children should only be bringing water or low-sugar squash to drink during the school day. Drinks such as fizzy drinks, juices and energy drinks are not permitted, as they are high in sugar and can impact children's health and concentration.

To ensure snacks are safe as well as healthy, foods such as grapes and cherry tomatoes must be cut lengthways before being brought into school.

As this is a breaktime snack and not breakfast, any items brought into school that do not meet our healthy snack expectations will be sent home uneaten. If children continue to bring unhealthy snacks into school, school staff will speak directly with parents to offer support and guidance.

We appreciate your cooperation in helping us promote a healthy school environment and support children in making positive choices. If you have any questions or would like advice about suitable snacks, please do not hesitate to speak to a member of staff.

Thank you for your continued support.

Yours sincerely,

Mr Fellows  
(Headteacher)

