



Wednesday 1st October 2025

Healthy Snacks

We are always looking for ways to support our pupils' learning, wellbeing, and development throughout the school day. One area that plays a key role in this is nutrition, particularly the snacks children eat during mid-morning breaks.

Until now, we've encouraged children to bring fresh fruit as a healthy snack option. While fruit remains a fantastic choice, we understand that variety is important—not only for enjoyment but also to meet children's individual nutritional needs and preferences.

With that in mind, we are pleased to broaden the list of approved healthy snacks to include a wider range of wholesome options. These foods are designed to support sustained energy, better concentration, and overall health, helping children to stay focused and make the most of their learning. Please look for low sugar/low salt or no added sugar options. Please ensure nothing is chocolate covered or sweets made from fruit.

Children are welcome to bring in a snack of their own from the following list;

- Fresh fruit
- Dry fruits (raisins, mango, apple etc)
- Crackers
- Oat cakes
- Rice cakes
- Breadsticks
- Soreen
- Vegetable sticks

Please remember, **we are a nut-free school**. This includes all nuts and peanuts, as well as products that may contain nuts. Always check labels carefully before packing snacks.

At KS1 a free fresh fruit option will still be provided daily from the government.

We are grateful for your support in working together to promote healthy routines that benefit children's learning and wellbeing.

Mrs Ashton
Vice Principal