

Healthy Break Time Snacks

The school encourages healthy eating and we look to parents to support us with this at break time and within the packed lunches you provide from home.

Break time snacks must be 'healthy' as described below, in line with our 'Healthy School' ethos.



Whole or sliced fruit



Breadsticks



Rice or Corn Cakes



Vegetable Sticks, e.g. celery, carrot, pepper, cucumber, baby corn .

The British Nutrition Foundation advise to avoid giving your children dried fruit as a break time snack as they are high in sugar and can be harmful to their teeth.

Water Bottles

Please ensure your child brings a clear plastic water bottle to school (no metal bottles please).

Bottles should contain water only and not juice.

Thank you for your support.

In order to safeguard the children who are at risk from an anaphylactic shock (severe allergic reaction) we are a **NUT FREE** school. Please do not put any CHOCOLATE SPREAD, PEANUTS, and NUT RELATED PRODUCTS in your child's lunch/snack box