

Thursday 2nd November

Dear Parents/Carers,

As you will notice at the bottom of our school letters, Highlees Primary School does not currently hold 'Healthy Schools' status. In order for us to gain this award and as part of our school ethos encouraging children to eat healthily, we are asking that all children in KS2 bring in snacks for break time which are healthy, such as fruit, vegetables or cereal bars.

Our PSHE (Personal, Social, Health Education) in the Spring term focuses on having a healthy mind and body. This teaches the children to make healthy choices in the food they eat and the importance of keeping active.

In a report published a few years ago by the Public Health Agency (PHA), Judith Harvey, (Regional Food in Schools Coordinator, appointed jointly by the PHA and the Department of Education), said: "There are many options when choosing what to pack, but picking the healthier option can help with pupils' concentration and behaviour in the classroom.











"Encouraging children to have a healthy break habit is an important step in establishing good eating habits that will benefit children throughout their lives, helping them to stay a healthy weight and prevent tooth decay."

With this in mind, crisps, chocolate and other unhealthy items will not be permitted at break time. The children will have an assembly about this in school and on the back of this letter you will find some suggestions for healthy snack ideas. If you have any queries or concerns please feel free to speak to a member of staff. If your child brings the wrong type of snack, they will be given a reminder but then not permitted to eat it should they bring the wrong type again.

Kind Regards,

Miss Cooper  
(PSHE Lead)

## Healthy Snacks You Are Allowed To Eat At Highlees Primary School

|                                                                     |                                                                                     |                                  |                                                                                       |
|---------------------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------|---------------------------------------------------------------------------------------|
| Fresh Fruit                                                         |    | Plain breadsticks                |    |
| Plain Dried Fruit                                                   |    | Breakfast Biscuits (E.g Belvita) |    |
| Vegetables                                                          |    | Malt Loaf (E.g Soreen)           |    |
| Wholegrain Cereal Bars ( <i>not containing chocolate or nuts</i> ). |   | Rice Cakes or Oat Cakes          |   |
| Plain or savoury (low salt) popcorn ( <i>Not sweet or salted</i> ). |  | Crackers                         |  |

### **IMPORTANT!**

Please remember that due to allergies in school we are strictly NUT FREE!  
Please check that your children do not have things containing hidden nuts such as hazelnut or hidden within cereal bars. It can have serious consequences if anyone with an allergy comes into contact with any nuts.

Please let us know if there is anything we can do to support you with making healthy choices for your child.