



Joy Lane Primary School

A Love of Learning, for Life, for All

Oyster Bay Nursery&Oysters SRP (ASD)

Executive Headteacher: Ms D J Hines

Head of School: Mr M Ashley-Jones

22nd September 2021



Dear Parents and Carers

Joy Lane Primary school educates and encourages the children to make healthy eating and lifestyle choices as part of the school curriculum. We therefore promote healthy eating choices and encourage all parents and carers to include fruit, vegetables or healthy options as snacks for breaktime.

Parents and carers whose children have gone through **Early Years and Key Stage 1** will be aware that a choice of fruit and vegetables are provided by school on a daily basis for breaktime. This ensures consistency of healthy choices and no child feeling envious of what other children may be bringing in for a snack, which in turn makes life a little calmer at home.

In **Key Stage 2**, we have noticed in some cases that children are eating all types of snacks at breaktime, and there seems to be some confusion about what is accepted as a healthy alternative to chocolate and crisps; we are also concerned about the amount of litter being generated by wrappers, foil, etc. We also have children and staff in school with serious nut allergies and we are concerned at the number of cereal bars that contain nuts, which is proving a potential danger.



Whilst we encourage the children to bring in a daily fruit/vegetable snack, we understand that there are other healthy options available. The children should not be bringing in **chocolate bars** and **crisps** as **morning breaktime snack**.

Please can I ask for your support with this, and that during the next few days and weeks, you get the children used to any changes, ready for the rest of the school year. As most of the children already bring in healthy breaktime snacks, it should not be much of a change to get used to.



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Why is a healthy breaktime snack so important?

- Childhood is an important time to establish good eating and drinking habits for future health and well-being.
- A healthy snack at break time can help with pupils' concentration and behaviour in the classroom.
- A fruit option will help to meet our target of five or more portions of fruit and vegetables a day.

If a child requires a special diet that will not allow this guidance for healthy eating to be met, then please discuss this with the class teacher in the first instance.

I would like to take this opportunity to thank you for your support in encouraging the children to make healthy choices; however, if you are struggling, then please do not hesitate to contact a member of staff.

Yours sincerely

Mr M Ashley-Jones

Head of School