

BREAK TIME SNACKS



Healthy Schools

Welcome back!, As it is the beginning of a fresh school year, it seems an appropriate time to remind parents and carers of our school policy on break time snacks.

Our policy on snacks at Witton Church Walk is to ensure that they have a healthy option.

The best snacks for break time, are foods that can be eaten outside and can be eaten with their fingers. Chopped up, fruit or raw veggies such as carrots or peppers are ideal. Breadsticks, sticks of cheese and wholemeal crackers are also great finger foods that can be spread with soft cheese or dips such as hummus. Children could also eat cheese, Free Fruit (and milk for EYFS) is provided for EYFS and Key Stage 1 children and a range of health snacks such as toast and bagels can be bought from the kitchen at break times.

Please do not send snacks that are high in fat or sugar (e.g. chocolate, crisps, sugary cereal bars and sweets) as it is upsetting for the children when staff have to stop them eating their snack.

We thank you on your co operation and support