

Healthy Snack Procedures



Dear Parents/Guardians

At our school, we are committed to promoting healthy eating habits and supporting children's wellbeing throughout the day.

As part of this commitment, and in response to updated guidance from the DFE around food safety advice on choking hazards, we have updated our Healthy Snack Procedures. During snack time, children are expected to sit down and enjoy a healthy snack in a calm and social environment.

What can my child bring?

- A piece of fruit (fresh, dried, or prepared)
- A cereal bar or rice cake

We kindly ask that children do not bring crisps, chocolate, sweets, cakes, biscuits, or other high-sugar snacks.

Snack Provision in School

Children in EYFS and Key Stage 1 (Nursery, Reception, Year 1 and Year 2) will continue to receive a healthy snack provided by the school each day. Therefore, children in these year groups do not need to bring an additional snack from home.

Why do we have this?

These procedures support our commitment to promoting healthy lifestyles and is in line with Department for Education guidance on food and nutrition for young children. It also reflects the expectations and directives of our Trust regarding children's health, wellbeing and readiness to learn.

- Maintain energy levels throughout the school day
- Concentrate and learn effectively
- Develop positive lifelong eating habits
- Enjoy snack time safely in a supervised, seated environment

Allergies and Choking Risks

The safety of our children is of paramount importance. To support pupils with food allergies and medical needs, we ask parents and carers to be mindful of the ingredients in any snacks sent into school. Where specific allergy controls are required for individual pupils or classes, families will be informed separately.

In line with Department for Education guidance and recommended food safety practices for young children, all snacks should be suitable for the age of the child and not present an unnecessary choking risk. Therefore, any fruit for children under 5 needs to be cut up. Whole nuts are not permitted in school. Children will be expected to eat their snacks while seated and under supervision.

We appreciate your support in helping us create healthy routines and positive habits for all children.

Yours sincerely,

S. Hirst
Principal



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Silver Award
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Principal: Mrs S Hirst

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