



Bicton Church of England Primary School

Bicton Lane, Bicton, Shrewsbury, Shropshire. SY3 8EH

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Website: www.bictonschool.org.uk

Head teacher: Mrs Natalie Johnson BA (Hons)

Wednesday 18th January 2017

Dear Parents and Guardians,

SNACKS AND PACKED LUNCHES

In conjunction with the *Change 4 Life* information, we thought it would be useful to send out a reminder about morning snack and packed lunches.

Children in Classes 1 and 2 receive a piece of fruit or a packet of raisins every morning. In Pre-School, children are able to choose from a selection of fruit and bread sticks at break times. On occasion, children in Classes 3, 4 and 5 are also offered a piece of fruit at morning break.

Whilst we do not want to go down the route of banning certain snacks, we are becoming increasingly concerned at the nature and quantity of some of the snacks which children are bringing to school e.g. family-sized packets of crisps, large bars of chocolate or sweets. The morning break is for 15 minutes so a cereal bar or similar-sized snack is sufficient to keep children going until lunch time and the perfect size for them to eat in the time they have. Children are not allowed to bring sweets to school and we thank you in advance for your cooperation with this.

Could we also ask that children's packed lunches do not contain excessive amounts of crisps and sugary snacks and, to safeguard those children with allergies, foods such as peanuts or peanut butter should not be sent into school. Again, sweets are not allowed in children's packed lunches.

As a school, we promote children's health and well-being throughout the curriculum and strive to help children to understand how to keep themselves healthy. Your help with this is much appreciated.

If you have any questions regarding the above, please do not hesitate to speak to me in person or telephone school if that is easier for you.

Kind regards

Mrs Natalie Johnson
Head teacher