



Appleby Primary School

"An inclusive community where together we empower creative minds and inspire a love of learning"

Station Road
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Cumbria
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11th November 2019

Dear Parents & Carers

Healthy Snacks

As you are aware, our pupils are allowed to bring a healthy snack to school to eat at morning break. Snacking helps children to keep their energy up, and provide fuel for activities throughout the day. We are asking for your assistance in helping your child to plan and pack the appropriate snacks. In adherence with our school's healthy eating policy, all snacks should make a positive contribution to the children's diets and health. Children in KS1 receive a free piece of fruit or veg daily, there is no need for them to bring extra snacks.

Healthy snacks:

- Any variety of raw fruit
- Any variety of raw vegetables

Please do not provide the following as snacks in school:

- Fizzy or sugary drinks
- Chocolate
- Sweets
- **Nuts of any description**
- Crisps
- Cereal bars (as many are high in sugar / fat)
- Cake or biscuits

We also ask that if your child is having packed meals at lunchtime you consider the contents of the lunchbox to ensure it is healthy and balanced, with no sweets, chocolate or fizzy/sugary drinks. Crisps, cake and biscuits can occasionally be given for packed lunch as part of a healthy, balanced diet.

Thank you for your cooperation.

Regards

Mr D Spruce
Headteacher

Headteacher
Mr D Spruce

Chair of Governors
Mrs. S Lightfoot

Office Administrator
Mrs. R. Bousfield

School Business Manager
Mrs. D. Parkin

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