

Dear parent/carer,

At Prince Albert Primary, we strongly believe in promoting healthy eating habits and encouraging a balanced diet. We recognise that snacks play an integral role in a child's daily nutrition, providing them with necessary energy and nutrients. However, it is crucial that these snacks contribute positively to their well-being, rather than pose potential risks to their health and mind-set.

Since returning to school, we have seen an increase in unhealthy snacks during break times. With this in mind, we kindly request your support in ensuring that the snacks sent to school align with the principles of healthy eating.

Here are a few guidelines and recommendations to consider when preparing snacks for your child:

- 1. Fruit and Vegetable Choices:** Fruits and vegetables are excellent choices for snacks as they are packed with vitamins, minerals, and fibre. Encourage your child to enjoy a variety of these wholesome options such as sliced apples, carrot sticks, or cherry tomatoes.
- 2. Wholegrain Goodness:** Opt for wholegrain snacks whenever possible. Wholegrains provide essential nutrients, fibre, and energy. Examples include wholegrain cereals, rice cakes, or wholegrain crackers.
- 3. Limit Sugary Treats:** While an occasional treat is acceptable, we encourage you to limit the inclusion of sugary snacks in your child's daily diet. High sugar intake may lead to a variety of health concerns and can hinder their concentration and learning abilities.

Sweets/crisps/chocolate will not be permitted as a break time snack

By adhering to these guidelines, we can work together to instil healthy snacking habits that will benefit your child's overall well-being. We appreciate your collaboration and commitment to supporting the health and growth of your child. Together, we can foster a culture of wellness and empower our children to make healthy choices that will positively impact their lives.

Many thanks for your continued support,

Mr Taylor
Associate Deputy Head