



# MALCOLM SARGENT PRIMARY SCHOOL

Love To Learn

7 November 2018

Dear Parents of FS Children

## **SNACKS AND DRINKS IN SCHOOL**

As you may be aware we are a "Healthy School" and as such, we encourage children to think about the food they consume and make healthy choices, when possible.

We have unfortunately noticed an increasing number of less healthy snacks being sent into school, including chocolate, sweets and crisps. We would appreciate your support of our learning about healthy eating by providing your child with healthier snacks. Examples of these could be:

- Vegetable sticks, with hummus
- Rice crackers
- Malt loaf
- Low fat, low sugar fromage frais or yogurt
- Crackers, with cheese

The children will also only need a single snack as they already have a piece of fruit at breaktime too.

There is plenty of information regarding health eating choices on the Change4Life website if you would like further ideas.

Whilst writing, we would also like to remind you that only plain water should be sent in the children's water bottles.

Thank you.

Yours sincerely

Mrs Jess Gregory-Smith  
FS Leader