

Monday 20th October 2025

Dear Parent/Carer,

Lately, we have seen an increase in unhealthy large portion sized snacks and high-sugar food items.

The snack time slot is only **an hour before lunch**. Please ensure the snack is:

- small
- healthy
- low in sugar

Please help us by adhering to the key rules:

- **we are a nut free school**
- **we are a water only school**
- **small portions**
- **no sweets, crisps, chocolates, pancakes or cakes**

Healthy snack options:

- **fresh fruit**
- **vegetable sticks**
- **crackers or breadsticks**

Thank you for your continued support in ensuring the children make healthy food choices.

Yours faithfully,

Estee Jansen Van Rensburg
Assistant Principal KS1