

Dear Parents/Carers,

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, chocolates or crisps 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