

St Bartholomew's C of E Primary School



Willowcroft, Quorn, Loughborough, LE12 8HQ.

Telephone: (01509) 412250.

Email: office@st-bartholomews.leics.sch.uk

Dear Parents/Carers,

As we are sure you would all agree, our children's continued health and well-being is of great importance and in school, we put a lot of emphasis on talking to pupils about how to take care of themselves both physically and emotionally.

Within much of our curriculum (Science, PSHE, DT and others), we teach children, more specifically, about healthy eating and the importance of a balanced diet.

As a result, we recently made the decision to apply for 'Healthy Schools' accreditation; something promoted both locally and nationally and for ourselves, led by Leicestershire Healthy Schools. As part of this, we have been looking generally at the foods that children bring into school for morning break, and while, overall, there are a range of 'healthy' snacks, we would like to work with you to help promote and encourage less salty and sugary options at this time of the day.

With this in mind, we would like to introduce two things following the October half term:

- We would like to ask that children do not bring a **bag of crisps** as a snack for morning break.

(we agree, that a packet of crisps as part of a balanced packed lunch, is a better time to have them)

- **'Fruity Friday'**
Each Friday - just once a week!... - children wanting a snack for morning break, bring only a piece of fruit.

Our plan is to lead some Key Stage assemblies the first week we get back, to talk to the children about this too.

Thank you for your continued support, particularly with such an important initiative for our pupils, helping to instil positive habits.

Yours faithfully,

Mrs Oakland
Assistant Headteacher

