

Healthy Break Time Snacks

The school encourages healthy eating and we look to parents to support us with this at break time and within the packed lunches you provide from home.

Break time snacks must be 'healthy' as described below, in line with our 'Healthy School' ethos.



Whole or sliced fruit



Breadsticks



Rice or Corn Cakes



Vegetable Sticks, e.g. celery, carrot, pepper, cucumber, baby corn .

The British Nutrition Foundation advise to avoid giving your children dried fruit as a break time snack as they are high in sugar and can be harmful to their teeth.

Water Bottles

We are proud that our children are eco-conscious and have noticed some are bringing in metal water bottles instead of the reusable plastic ones, however, we are seeing an increase in injuries as the metal ones hurt and cause bruising when dropped on a foot. Therefore, all water bottles in school are to be plastic. Thank you.



Please remember we have a strict NO NUTS policy.

