



# Andreas School

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Friday, 6th November 2020

Dear Parents/Guardians

This is just a reminder that in order to promote a healthy lifestyle and help children be as fit and strong as possible, we would like them to have healthy snacks at play and lunch time.

These include fresh and dried fruit and vegetables, unsalted breadsticks and crackers or plain rice cakes and proper cheese.

We'd like children to avoid biscuits, chocolate, artificial fruit products such as fruit winders, fromage frais and yogurts in tubes and crisps. Any other products that are high in sugar, salt and fat also need to be avoided.

Obviously this is very difficult for us to monitor but, as we all have the children's best interests at heart, I trust we can rely on your cooperation.

Thank you.

Yours sincerely

*Trish Dudley*

Trish Dudley  
Headteacher