



# Andreas School

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28th March 2018

Dear Parents/Guardians

## **Snack**

At Andreas School we promote healthy eating and, as stated in our school brochure, children are encouraged to bring a **healthy** mid-morning snack and a plastic bottle containing water.

Some of our classes have been researching snacks and have found that a number of "healthy snacks," such as cereal bars, Yoyo Bears and Fruit Winders, are often very high in sugar. Therefore, they are not recommended as a between meal snack due to the negative affect on teeth. We have noticed recently that more and more children are bringing this type of snack to school. As well as this being a concern from a dental health point of view, it is also causing jealousy and arguments between the children.

After Easter we are asking that all snacks should be fresh fruit or vegetables, dried fruit, bread sticks or crackers. Thank you in anticipation of your support.

There will be a display in school that shows the sugar content in various snacks and we encourage you to come and have a look at it. We would also encourage you to have a look at the website <https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids> This gives information about different foods and ideas about healthy snacks.

## **Happy Easter!**

Finally, may I take this opportunity to thank you for all your support over recent weeks for the *many* different events and activities that have been organised e.g. class assemblies, e-safety assembly, public speaking competitions, Fairtrade baking, World Book Day dressing up and Easter eggs and bonnets. It has been a very busy half term and we wish you all a relaxing and happy Easter break.

We look forward to seeing the children on Monday, 16th April.

Yours sincerely

Mrs R Ashley  
Headteacher