ST. JAMES' C.E. PRIMARY SCHOOL, COLDWALTHAM
with Chuckleberries Pre School

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Enabling every child to thrive and succeed

26th September 2025

Dear Parents/Carers,

Healthy Snacks at Breaktime

We have had a great start to the new academic year and it is lovely to see the children all happy and engaged with their learning and play activities.

We fully recognise that our little people need to be fuelled properly to enable them to take part in a day full of learning and play; there are scheduled snack times so that they are able to have a healthy snack to keep them on the go between mealtimes.

As a school, we aim to promote a healthy, balanced diet whereby children are gaining the nutrients they need as well as being able to enjoy tasty treats. This is why we have no problem with children having cookies, cakes and crisps as part of their packed lunches.

However, we have noticed some cakes, cookies and crisps are being eaten at morning breaktime as the children's snack. We would like to kindly remind parents that snacks for breaktime should follow the guidelines that the school gives.

Children in Reception, 1 and 2 are provided with breaktime fruit/vegetables at school through the School Fruit and Vegetable Scheme, but if they are not keen fruit/vegetable eaters, alternative healthy snacks can be provided by parents/carers from the list below. If children in Years 3-6 are bringing in snacks from home for breaktime, they should also be items from the list below.

Acceptable healthy snacks are:

- fresh fruit and vegetables (e.g. carrot sticks, chopped peppers, cucumber, etc.)
- breadsticks;
- plain rice cakes;
- low sugar cereal bars;
- dried fruit, including roll-up fruit snacks (e.g. YoYo Bears).

We are a nut-aware school, so please ensure that no snacks contain nuts

If your child has a diagnosed condition which means they may need alternative snacks, please discuss this with your child's class teacher so that there is an agreed alternative arrangement. Children preferring to eat cakes, cookies and crisps will not be authorised as a reason.

Please can you ensure that your child knows which items from their packed lunch may be eaten at breaktime. Teachers and Teaching Assistants have been asked to be vigilant at breaktime to help the children to make an appropriate choice from their lunchbox.

We appreciate that this can be a contentious issue and please be reassured we are not trying to make life difficult; however, we want to support the children to have a healthy, balanced nutritious diet and the different arrangements for snack time and lunchtime are designed to help with this.

Thank you for your continued support.

With best wishes,

Mrs Martin
Executive Headteacher
Arun Villages Federation