

17th September 2026

Dear Parents and Carers

Reception, Year 1 and Year 2 Snack.

Actions for parents

- You can now send your child in with a **piece of fruit or vegetable** for snack time.
- You must make sure any fruit/vegetable is chopped in line with the guidance attached.

We are pleased to let you know that children may now bring their own snack to school each day if they wish too.
Free fruit and vegetables will still be provided to all children in Reception, Year 1 and Year 2.

To support our commitment to promoting healthy eating, snacks **must** consist of **fresh fruit or vegetables only**. Suitable examples include apple, banana, grapes, strawberries, cucumber sticks, carrot sticks, peppers, or similar healthy options.

Please note that any **small fruits or vegetables must be prepared and chopped in line with the attached guidance** before being sent into school. This is important to help reduce any potential choking risks and to ensure the safety of all children.

We kindly ask that children do **not** bring cereal bars, fruit winders, dried fruit products, crisps, biscuits, chocolate, cakes, yoghurts, or any other packaged snack foods.

We appreciate your support in helping us encourage healthy habits and ensuring that snack times remain safe and enjoyable for all children.

Thank you for your continued support.

Yours sincerely,

Mrs Hurst and Miss Atherton
Early Years and KS1 Lead