

# Masefield Primary School

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**Executive Headteacher:** Mrs L Whittaker

**Head of School:** Mr A Done

Dear Parents/Carers,

I am writing this letter to clarify our approach towards healthy eating at Masefield Primary School.

At Masefield Primary School we encourage the children to live healthy lifestyles. This guidance is to help you when choosing a healthy snack to send in with your child. We hope that the guide below will help you when choosing what to send in and what to leave for treats at home.

Please remember that all Early Years (Reception & Nursery) and key Stage 1 (Year 1 &2) children have the option of free fruit and vegetables as part of the government school fruit and vegetables scheme. Therefore there is no need to send a snack for these pupils from home if you choose not to.

A healthy snack is:

- Fruit
- A cereal bar (without chocolate)
- Vegetables e.g. carrot sticks
- Bread sticks
- Rice cakes

Please remember snacks must not contain nuts or nut products.

Part of our role as schools is to promote healthy eating, however it is ultimately your choice on what you send your child to school with. Staff will not take food off children but will discuss the benefits of healthy eating. If we feel a snack is inappropriate, we will contact you at the earliest convenience.

I hope this has clarified our position and thank you for your support in continuing to be an accredited 'National Healthy School Status' establishment.

If you have any questions, please don't hesitate to contact me.

Yours sincerely,

*Mr Done*

Head of School

