

WATLING STREET PRIMARY SCHOOL

17th September 2015

Dear families,

I am writing in response to the recent questionnaire regarding the kinds of snacks that the children have at morning break and lunchtimes. Thank you for your responses which raised some very interesting debates. I feel it important to point out that the vast majority of parents do send their children to school with appropriate snacks however, there are a number of children who continue to bring sweets to school for their morning snack. These sweets do little to satisfy the children's hunger and can affect their concentration in a negative way.

The general consensus among the responses was that it should be left to the parents to determine the snacks that their children bring to school however, it was clear that the majority of parents agree that sweets, crisps and chocolate bars are not a healthy option to bring to school. With this in mind, we will encourage the children to bring in fruit or other healthy snacks instead of sweets, chocolate bars and crisps. Please note that with the exception of sweets, this decision does not apply to children's packed lunch which we strongly agree should be left to parents to decide.

This decision has been made to ensure all our children eat the right foods to be able to perform at their best throughout the day.

Many parents also commented on the positive impact the Food Dudes Programme has had upon their children's eating habits. As a result the Food Dudes programme will commence in September for Reception to Year 6 and after Christmas for Nursery children.

Please do not hesitate to contact me if you have any questions regarding this decision.

Yours sincerely,

MRS L POWELL
HEADTEACHER