

August 2019

Dear Parents/Carers,

Ref: Healthy Eating Break Time Snacks

Diet and nutrition play an important role in the mental, physical and social development of a child. The establishment of healthy eating in childhood can reduce the risk of health problems such as coronary heart disease, diabetes and osteoporosis in later life. With this in mind, we aim to establish good eating habits, to promote good growth and to hope that these will be continued into adulthood.

Recently we have noticed in school that some children are bringing in snacks with a high fat and sugar content and would like to take the opportunity to work with children to enable them to make healthier choices.

In school we feel that it is beneficial for all children to have a substantial snack at break time. This is an important part of the diet for young people who may not get enough energy for growth and development from their three main meals and because snacks can positively contribute towards a balanced diet (providing foods which are high in sugar, fat or salt are avoided).

Everyday a piece of fruit is provided for every KS1 and EYFS child in school. If your child would like to bring in something additional to this then we ask that this is a healthy snack and that it can be eaten outside within sufficient time for your child to also have an adequate break time socialising and playing with their friends. It is important to note that break time is between 10.20 – 10.40am, followed by lunchtime at 12.00pm, therefore in order for your child to eat all their lunch, larger snacks may not be necessary.

Healthy Choices

The children have drawn up a list of possible healthy snacks.

- A piece of fruit
- Dried fruit such as raisins
- Vegetable sticks
- Crispbreads
- Rice cakes
- Bread sticks with cheese
- Crackers spread with low fat cream cheese
- Cheese/cheese strings
- Twiglets

Sugar- and fat-laden foods such as confectionary, biscuits, pastries, sausage rolls and crisps should be avoided.

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Judging what is healthier: a LOT and a LITTLE

With the best will in the world it is not always obvious whether a snack is healthy. The following table can be used as a guideline:

FAT
A LOT is 20g or more per 100g A LITTLE is 3g or less per 100g
SATURATED FAT
A LOT is 5g or more per 100g A LITTLE is 1g or less per 100g
SUGAR
A LOT is 10g or more of added sugar per 100g A LITTLE is 2g or less of added sugar per 100g
SALT
A LOT is 0.5g or more per 100g A LITTLE is 0.1g or less per 100g

Fluids in School

We would also like to take this opportunity to remind parents that children are encouraged to bring water bottles into school. Children require 6-8 glasses of fluid a day to stay healthy and even small levels of dehydration can lead to reduced levels of concentration and affect behaviour. Personal water bottles can be kept in the classroom and can be filled as needed. Bottles, however, should go home each day to be washed.

Yours sincerely,

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