



The Acorns Primary
& Nursery School
www.theacornsprimary.co.uk

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Executive Headteacher
Mrs Hannah Broom BA(Hons) NPQH

Friday 19th May 2023

Dear Parents/Carers,

The Acorns is a Healthy School and as your child progresses with us through the year groups, you will become increasingly familiar with our Healthy Schools Policy. One element on this policy is that we only provide and allow healthy snacks to be eaten by the children when at school. They are, of course, entitled to a pudding after their lunch, whether this be with their school lunch or within a packed lunch brought from home.

However, at break times, children are not to bring in crisps, sweets or chocolate, amongst other sugary items. If they do bring in inappropriate choices, these are removed from them and given back to parents at the end of the day and the children are given an option of a piece of free fruit as an alternative. To start these habits as early as possible, we ensure that the snack we offer children within our Nursery classes is healthy and well-balanced, offering them the right nutrients and food groups to keep them healthy and developing appropriately. This does not include sweet or sugary items.

We have noticed an increasing number of our pupils from Caterpillars are being given a sweet treat as soon as they finish their session at 11:45am. We kindly request that this does not happen moving forwards as it is not good for the children to be eating a snack of this nature shortly before we would be expecting them to have their lunch and also because it is changing the dynamics at the end of the session, whereby the children are focusing on getting this treat, rather than seeing their caregiver.

The earlier that we can support children into positive and healthy routines, the better. If you have any queries or concerns about this letter, or wish to discuss this further, please do not hesitate to contact me.

Kind regards

Mrs H. Broom

Executive Headteacher

We are a Rights Respecting School with No Outsiders

Article 24: Every child has the right to the best possible health.



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