

Dear Parents and Carers,

As a school we have started a new morning work initiative called **Morning class Connect**. This is allocated time in classes to build relationships, teach emotional literacy and build class community. During this time children are invited to have a healthy morning snack.

From **September**, all children in **Key Stage 2** will be invited to bring a **healthy morning snack** to enjoy during our daily **Class Connect** time.

Please note that this snack is **in addition to your child's usual break time snack**. This means that, if your child normally brings a snack for morning break, they will now need to bring **two separate healthy snacks** each day:

- One to enjoy during **Class Connect**.
- One for **Break time**.

A healthy snack helps children stay focused, maintain their energy levels, and supports healthy eating habits. We kindly ask that any snack brought into school is a piece of **fruit or vegetables**, such as:

- An apple, banana, pear or orange
- Grapes or berries
- Carrot, cucumber or pepper sticks
- Cherry tomatoes or other fresh vegetables
- Cheese
- Plain crackers or rice cakes
- Yogurt (if practical to store)

To help us maintain a healthy school environment, we ask that children do **not** bring crisps, chocolate, sweets, biscuits, cakes or other sugary snacks for their morning snack.

As always, we are a **nut-free school**, so please do not send any products containing nuts.

Thank you for your continued support in helping us promote healthy lifestyles and positive eating habits. We appreciate your partnership in encouraging children to make healthy choices.

If you have any questions, please do not hesitate to contact the school office.

Kind regards,

Steve Down
Headteacher