

Dear Parents and Carers,

At Eagle Primary School, we endeavour to be a healthy school. This includes teaching the children about how to make good choices for their health; including what they eat and how this contributes to their well-being, and we would really appreciate your support with this policy.

We know how important it is that your child has the right fuel to keep them going from breakfast until lunch, and would encourage you to provide them with a snack that they can eat at break time.

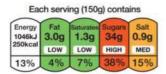
Hopefully, the guide below will provide you with some useful information about our suggestions for snacks at school.

Please remember that all key stage 1, (Years R, 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 into school for these younger children – although of course you can if you wish!

Please remember we have a strict NO NUTS policy at Eagle because of children's allergies.

When choosing a healthy snack; please:

- ♥ Find a snack with a low-medium fat and sugar content no nuts or chocolate.
- ♥ Please look at the food traffic light rating on the sides of packets



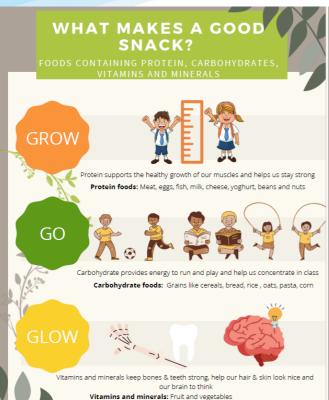
- ♥ Red means the product is high in that content and you should try to cut down, eat less often or eat smaller amounts.
- ♥ Amber means medium. If a food contains mostly amber, you can eat it most of the time.
- ♥ Green means low. The more greens a label displays, the healthier the food choice is.

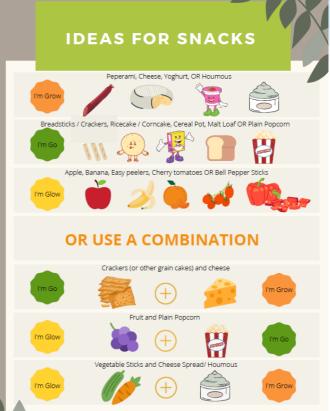
Yours Sincerely,

Wendy Daley

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