

Bishop Road Primary School

Bishop Road, Bristol BS7 8LS



Head Teacher: Gillian Powe

Deputy Head Teacher: Joe Emissah

Friday 30th April 2021

Snacks in school

Dear Parents/Carers,

We aspire for children at Bishop Road to lead a healthy and active lifestyle. In school, children learn about the importance of eating a healthy and balanced diet as part of their food and nutrition lessons.

In our return to school following lockdown we are having a renewed focus on healthy eating throughout the school. In order to support our school's approach to healthy lifestyles, we ask that all children to bring in a fresh fruit or vegetable to eat for their snack at break time, rather than crisps, sweets or other packaged and processed foods.

We are doing this to promote:

- Sustained energy and improved concentration rather than a quick boost.
- To reinforce health awareness as part of DT, RE and PHSE.
- An increasingly litter-free environment through less packaging.
- To ensure children have at least one portion of their recommended intake of fruit and vegetables a day.
- Reduced 'peer pressure' if another child has a different snack.

Whilst we realise that there are many different snacks that are important for a varied and balanced diet, we ask that these be included elsewhere in the day from now on.

In Reception and KS1, all children will receive a piece of fruit or vegetable at snack time under the government's fruit and vegetable scheme. There is no need to provide your child with a snack, however if you choose to do so, we ask that you only give them a fresh fruit or vegetable.

In addition to this please ensure your child continues to bring in a named water bottle each day. Please no squash or other drinks.



In KS2 children are encouraged to bring in their own choice of fresh fruit or a vegetable to have during their break time.

In addition to this please ensure your child continues to bring in a named water bottle each day. Please no squash or other drinks.

School Milk

Free milk is provided to 4 year olds and ends on the Monday following their fifth birthday. After which, parents will be given the opportunity to buy milk through School Milk Services. A form can be collected from the office alternatively, their contact details are included below:

Tel: 01934 510950

Email: info@schoolmilkservices.co.uk

Nuts

A reminder that we are a nut free school, please do not send in nuts of any kind.

Yours sincerely,

Jodie Steimetz,
Health and Nutrition Lead Teacher

