

Bishop Road Primary School

Bishop Road, Bristol BS7 8LS



Head Teacher: Gillian Powe

Deputy Head Teacher: Joe Emissah

Friday 12th November 2021

Snacks in school reminder

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 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.

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.

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. At present, some year groups in KS2 have a later lunchtime



than usual. Whilst we feel it is important that all children continue to have their fruit or vegetable, if you feel your child would benefit from an additional snack, you may wish to include one of the following:

- Another fruit or vegetable
- A plain rice or corn cake
- A plain cracker
- Breadsticks

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

