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Tuesday 16<sup>th</sup> July 2024

## Snacks During Breaktime

Dear Parents/Carers,

At Begbrook we are always seeking to improve children's health and wellbeing. One important aspect of this is the snacks which children may choose to bring during their morning snack.

When pupils start at Begbrook they are provided with snacks through the School Fruit and Vegetable Government scheme. This ensures all Early Years and Key Stage One children have a daily piece of fruit or vegetable. They can also bring in their own healthy snack if they wish. Unfortunately, the scheme does not extend to Key Stage Two but we would still like children to bring a healthy snack each day if they wish to.

As a school we will be working towards a pupil well-being award and this will really help us on our way to achieving this. Our Eco reps at school have been discussing the problem of litter around school. They have also been discussing how we can keep ourselves healthy as well as our planet. They then decided that having posters around school would help to remind people to make healthy choices. The whole school were given the opportunity to create a poster to support healthy snacks in school.

There will be an assembly this week where the winning poster will be announced. For September we will have brand new snack boxes in every classroom where snacks will be kept. The poster will also be displayed on the snack boxes, and you can find it attached in this email. Well done Enara in 5CH.

From this our aim is to improve access to healthy packed lunches and snacks so we are asking that if your child brings a snack to school that it is **not** one of the following:

- Sweets and chocolate
- Chocolate bars
- Crisps (unless baked or low fat)
- Sweet cakes or sugary doughnuts
- Anything containing nuts

If your child has a diagnosed medical condition that affects their eating choices, then please make sure the main office and class teachers are aware.

We would also like to remind you that children should have water in their bottles in the classroom and not fizzy drinks, juices, flavoured water or squash.

Thank you for your support

Mrs Frappell (PSHE Lead) Miss Wilsher (Eco-Schools Lead)

PSHE Lead

Eco Schools Lead



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