



Safe ▪ Happy ▪ Learning

Anton County Junior School

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Wednesday 4th September 2024

Snacks at Anton Junior School



Dear Parents/Carers

We are keen for children to bring a morning break snack to school to fuel them through the morning until lunchtime. However, we are seeing increasing numbers of inappropriate snacks, which not only have no nutritional benefit, but can even be detrimental to pupils' attention and concentration.

Following on from the parent information sent out before the summer, I would just like to reinforce the rules and expectations for these snacks.

Many snacks aimed at children are in fact high in fats, sugar and salt so we would like you to provide a snack that has greater nutritional benefit and in particular, is not high in processed sugar.

This could be:

- ✓ Fresh or dried fruit
- ✓ Fresh vegetables – carrot sticks/ cucumber /peppers etc
- ✓ Bread sticks or rice cakes
- ✓ Cereal bars – please check sugar

We will not allow:

- Crisps
- Biscuits
- Chocolate
- Sweets
- Fizzy drinks
- Fruit substitutes – these contain all the sugar without any of the benefits of fresh fruit.



Kindness and Respect ~ Innovation and a Love of Learning ~ Aspiration ~ Resilience and Independence ~ Pride



Teachers will confiscate any snacks that are not in line with our expectations (to be returned to pupil at the end of the day) so please be mindful of this.

We understand how challenging it can be to make sure children adopt healthy diets and hope we can work together to tackle this growing problem. Please use the website link below to support and provide further information on healthy eating.

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

Thank you for your support.

Yours sincerely

Mrs Bennett