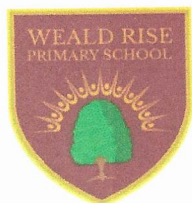


# Weald Rise Primary School

*Rising to the challenge, striving for excellence*



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Headteacher: Folake Agbaniyaka

21<sup>st</sup> September 2017

Dear Parent/Carer,

In line with the Government guidelines, we aim to ensure that all aspects of food and nutrition in our setting promote the health and well-being of our children.

We want to encourage healthy eating habits that will lead to lifelong health and well-being, and we wish to have an impact on health related issues such as obesity and poor dental health.

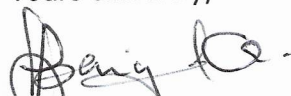
In order to do this, children need healthy snacks for energy, vitamins, minerals and other nutrients, and to help them grow, learn and be active. Healthy pupils are better able to pay attention in class and do their best school work.

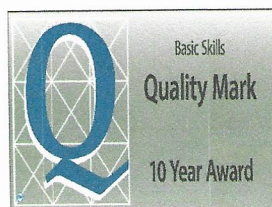
For children who normally bring a morning snack, we would like to make the following healthy snack suggestions:

- Water
- 100% juice
- Fruit or Vegetables
- Dried fruits
- Low-fat yogurt products
- String cheese

You are welcome to select any of the above items for their snack. We are looking forward to making our school the healthiest it can be so our children can do their best work and we thank you for your continued support.

Yours sincerely,

  
**Mrs F Agbaniyaka**  
**Headteacher**



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IN PEOPLE** | Bronze

