

Friday 24th January

Dear Parents/Carers,

Snacks and Healthy Eating

At Norbridge Academy, we have a responsibility to provide an environment that promotes the health and wellbeing of our pupils. Our academy aims to develop pupils' understanding of how to keep physically healthy, including eating healthily and maintaining a balanced diet. In school this is achieved through our PSHE curriculum. We hope that, with your help, we can encourage pupils to develop healthy eating habits that become a normal part of everyday life.

Breaktime Snacks:

To promote healthy eating habits, we are now asking that breaktime snacks consist of **fruit or vegetables ONLY**. This change will contribute to your child's five daily portions of fruit and vegetables and will help to keep them alert during lessons and help them to concentrate. Other snacks, such as chocolate, sweets and crisps will no longer be permitted at breaktime and will be monitored by staff out on break duty. Any chocolates, sweets or crisps found at breaktime will be returned home.

Pupils in our Early Years Foundation Stage, and Key Stage One, already have a daily snack of fruit or veg provided free by the government, so additional snacks for pupils in these year groups may not be required.

Eco-Schools:

We will be conserving all the food waste created by the fruit and vegetables, and this will be used for compost as part of our new Forest Schools provision. Our Eco-Warriors will have the responsibility of organising this every week.

Nut-Free School:

We have an increasing number of pupils in our school who have allergies, which can cause severe reactions and even life-threatening illness. Anaphylaxis (allergic reaction) can occur as a result of digestion, inhalation or any other contact with many foods. If your child's class is a **nut-free zone**, it is important that you check the labelling of food products before sending your child into school with them — it is not always apparent that products contain nuts or traces of nuts. If you notice a product containing nuts, please do not send it.

We want to ensure the health and safety of all our pupils, and some of our pupils with the allergy are extreme enough that even the slightest of contact with nuts could cause a severe reaction. Your child's class teacher will be promoting the importance of handwashing if products containing nuts, or traces of nuts, are consumed throughout the day. This includes breakfast and snacks.

This change will take place from **Monday 3rd February**. If you would like to discuss this in more detail, please do not hesitate to contact me.

Thank you in advance for your cooperation.

Miss R Jackson
Head of Academy