

Appleshaw St Peter's CE Primary School



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Headteacher: Mr Ian Hickman

12th February 2016

Dear Parents,

Healthy Snacks

Some of you may recall a little while ago I conducted a quick survey of what pupils had eaten for their snack at morning break. Just to remind you, I found that the amount of children having fruit or a vegetable decreased dramatically across the school from 100% in Mars class to just 5% in Jupiter class. While some of the snacks that children in Key Stage 2 brought in could be deemed to be 'healthy' e.g. cereal bars, there were also crisps and chocolate bars being eaten as snacks. The government's free fruit and veg scheme provides all children in Year R and KS1 with a piece of fresh fruit or veg for their morning snack and it would be great to see more children in Key Stage 2 choosing similar for their snack at morning break. I would certainly like to discourage crisps and chocolate bars being eaten as morning snacks.

With this in mind after half term we are introducing a healthy snack bar for the older children (Saturn and Jupiter class) to select a snack from. This will be provided by HC3S who also provide our school meals. The choice of snack will be fresh fruit, raisins, a bread roll and a selection of drinks such as orange juice, apple juice and milk. The prices range from 20p for the raisins and 30p for the fruit, juices and bread roll. The carton of milk is 35p. The children can bring in a small amount of money in a named purse/wallet to purchase their snack which they should keep in their bag or tray.

We will trial this until Easter and if successful will look to continue into the summer term and beyond.

Kind regards,

Ian Hickman

