



BORINGDON PRIMARY SCHOOL

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Be kind, be respectful, be your best

Healthy Playtime Snacks

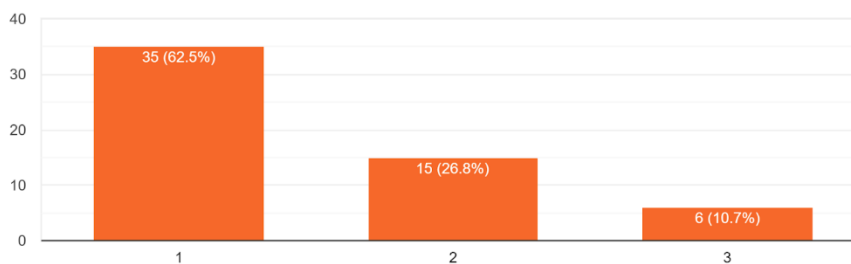
6th October 2023

Dear Parents/Carers,

Thank you so much to everyone who completed our questionnaire which explored your thoughts on whether we should specify the types of snacks children have at playtime to ensure they are healthier. Most responses showed that parents feel it is important.

How important do you feel the children having a healthy snack at morning playtime is?

56 responses



(1 being important)

The reason we shared the questionnaire is due to the number of unhealthy snacks we are seeing being eaten at playtime and these included crisps, sausage rolls, chocolate bars and large cake bars. Some of these snacks are seen because children are choosing these from their lunchbox instead of a healthier choice, at playtime, which is something we can support children with to ensure they choose something to give them long lasting energy rather than instant and short-lived energy. If children are having hot lunches and bring a high fat or sugary snack, this is something we are unable to manage at present.

Please be assured, we are not wanting to specify what children have supplied in their lunchboxes- this is very much your decision, but just what they eat at playtime and only because we want them to have sustained energy until lunchtime, and some snacks are better at providing this than others.

Importantly we have spoken to the children, and they have shared that they feel it is very important to eat healthily throughout the day and were very clear that fruit and vegetables were a good choice. Some of them recognised that some cereal bars have a very high sugar content and were concerned by this.

In light of your responses, we have made the decision to promote and encourage healthy snacks with a list of suggested snacks which we have gathered from your responses and from the Change4life website.

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/#tips>

These are:

- Cereal bars
- Fruit or vegetable
- A small portion of cheese
- Bread sticks
- Dried fruit, such as raisins - but not processed fruit, such as a winder.
- Unflavoured rice cakes
- Hardboiled egg
- Malt loaf



We feel this list gives children lots of options while being mindful of nutritional value and fat and sugar content. KS1 children will continue to be offered fruit through our free fruit for schools' scheme. Our plan is for children to bring these snacks in as soon as possible but on our return from half-term at the latest. As ever, please contact us should you wish to discuss this further.

Kindest Regards

A handwritten signature in black ink, appearing to read 'Sarah King'. The signature is written in a cursive style with a large initial 'S' and a long, sweeping tail.

Sarah King