



Christ The King Federation

'nos iter simul'



St. Joseph's Catholic Primary School

Trinity Square, South Woodham Ferrers, Essex. CM3 5JX.

Headteacher: Miss T. North

Telephone: 01245 321828

e-mail: admin@st-josephspri.essex.sch.uk

website: www.christthekingfederation.uk

Tuesday 17th September, 2024

Dear Parents,

Healthy Snacks in School

Thank you all for your support with the changes to snacks at school. We apologise for any confusion that may have been caused as we are aware that some parents received the Friday Flyer via MyEd, where the changes to snacks were mentioned and some parents did not. We are now sending correspondence to parents via both MyEd and Studybugs in the hope that all parents receive letters sent.

As a school with Healthy Schools status, we are re-establishing expectations around school snacks. Children's snacks should be low fat, low sugar and low salt. I am aware that there has been some confusion around what children can have as their daily snack, please see the list below for clarification.

Suitable snacks

- Fresh fruit (please ensure grapes are cut in half)
- Salad items (cucumber, carrot, celery, tomatoes)
- Raisins
- Breadsticks
- Plain crackers or plain rice cakes
- Wholemeal wrap

Packed lunches may include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain/wholemeal where possible
- At least 1 portion of fruit/ vegetables or salad - **please ensure all grapes are cut in half**
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel



Packed lunches should not include:

- Crisps or crisp type snacks
- Sweets
- Cakes
- Any items containing chocolate including bars, biscuits, cakes etc...
- Any items containing nuts

Many thanks,

Mrs K. Hillier