

Parents/Carers

21<sup>st</sup> March 2023

Dear Parents/Carers

## Re: Healthy Drinks and Snacks

At Meadowfield School, we are committed to encouraging and developing positive attitudes towards a healthy lifestyle, this includes exercise and a healthy diet and we actively encourage parents/carers to send pupils in with healthy snacks and drinks.

We know that sharing snack time together enhances pupil's social skills and regular snacks and drinks help with concentration. However, we would like to remind parents that snacks do need to be healthy, such as:

- Fruits and vegetables
- Cheese sticks or slices
- Granola bars and cereal bars (no nuts variety)

Sugary foods such as chocolate and sweets will not be included in snack time.

Please can we remind you that **fizzy drinks and energy drinks are not to be brought into school.** Energy drinks offer no nutritional or medical value and give pupils a short burst of energy followed by a period of lethargy and will be returned home.

We like to use snack time as a valuable social time to promote pupil wellbeing and develop their communication skills and your continued support with healthy snacks and drinks is appreciated.

If you have any questions on what items to send into school, please contact your child's teacher via your child's Contact Book.

Warmest wishes.

Yours faithfully

Angela Howe  
Acting Principal

