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Dear Parents and Carers,

At Farsley Westroyd Primary School and Nursery, we are committed to fostering healthy eating habits and supporting the physical and mental well-being of our students. As part of this commitment, we are currently in the process of developing our comprehensive Food Policy which covers all food consumed in the school day. While this is still being finalised, we would like to implement the snacks section of the policy with immediate effect to ensure consistency and equality in promoting healthy snacking habits across the school from the Early Years to Year Six.

As you may be aware the school participates in the **School Fruit and Vegetable Scheme**. As part of this initiative, all children in Nursery, Reception, Year 1, and Year 2 are provided with a free piece of fruit or vegetable each school day. This scheme aims to encourage healthy snacking habits from a young age and our intention is to not only make it equal for everyone, but also to maintain the healthy approach as the children get older. Therefore, from **January 2025**, we ask that children bring only healthy snacks for their first playtime. **Fresh fruit** is encouraged as the ideal choice, as it supports children's energy levels and concentration throughout the day. Other examples of healthy snacks that can be brought into school for a playtime snack include:

- Fresh vegetables, such as carrot sticks, cucumber slices, or cherry tomatoes.
- Small portions of dried fruit, such as raisins or apricots (please ensure these are unsweetened).
- Plain rice cakes or breadsticks.
- Small portions of cheese or yoghurt (please ensure these are in suitable containers and stored appropriately).

In class we will talk to the children about our policy and share with them what is and is not a healthy snack choice and why. This will empower them to make good choices themselves. We appreciate your cooperation and support in providing snacks that reflect the values of our school community. Together, we can help children make healthy choices that benefit their growth and learning. If you have any questions or need further clarification, please look on our website where you will find information to help you or make contact through the school office.

Yours sincerely,  
Miss Martin  
Healthy Schools Lead

**Westroyd Primary School and Nursery is committed to safeguarding and promoting the wellbeing of all children.**

