



7th February 2019

Dear Parents and Carers

Harden Primary School is a nut free* healthy school and in order to maintain this status it is important that we encourage our children to eat a healthy diet.

Some time ago we asked children to bring in a healthy snack for morning play. We have noticed that there has been some confusion about what is accepted as a healthy alternative to chocolate and crisps. Ideas for some healthy alternatives can be found on the NHS Change 4 Life website www.nhs.uk/change4life

Parents in KS1 (Reception, Year 1 and Year 2) may be aware that fruit is provided by the school and so you may choose not to send in an additional snack.

For children in KS2 if you would like your child to have a snack at morning break please provide a piece of fruit or veg.

*** We have children in school that suffer from severe nut allergies and therefore we would like to remind you that we are a Nut Free school therefore we ask that parents are mindful when making packed lunches that they do not include nut based products like Nutella chocolate spread, Nutella B-ready type bars etc.**

I would like to take this opportunity to thank you for your support in this matter and if there are any issues that you would like to discuss further please do not hesitate to contact me.

Yours sincerely

Mrs Hutchinson

Headteacher