



Grove House Primary School, Myers Lane, Bradford, BD2 4ED

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Healthy Snacks and food allergies

Dear Parents/Carers,

Food allergies

We have in the past sent out frequent reminders that there should be no food brought into school which contains nuts as we have children in school with severe allergies. This includes chocolate spread and many chocolate based products, so please ensure these are not included in lunch boxes or for break time snacks.

If this is not complied with it poses a significant risk to some of our children and I'm sure we can rely on your support to keep all our children at Grove House safe.

Break time snacks

Over the last year we noticed that the snacks children have been bringing into school do contain nuts and have become progressively more and more unhealthy.

We are all aware that after the pandemic childhood obesity levels increased significantly across the UK and Bradford was listed as one of the areas of highest concern for children's diet and nutrition.

As a school and community we need to support children's health and ensure that any snacks that are brought to school are healthy and have nutritional value. From next week children will only be able to bring the following snacks into school for break times:

- 1. Fruit**
- 2. Water**

Our staff will be discussing healthy eating with children next week during circle times and why it is important to try and reduce sugar and salt intake and drink water as much as possible as opposed to juice to support dental health.

Any snacks that are brought into school that are not fruit will be kept till the end of the day and returned to the parent.

In early years and key stage one all children receive free fruit every day and in key stage 2 children are able to purchase toast and no added sugar fruit juice

Kind regards,

Alex Summerscales
Headteacher

