



## BUCKINGHAM PREPARATORY SCHOOL

24<sup>th</sup> January 2019

Dear Parents,

I have been concerned about the unhealthy snacks some children are bringing in to school.

In the interests of the children's health and well-being and following the advice and guidance we are given from the Government, I ask that you monitor carefully the snacks which your child brings to school.

Children should **only** bring the following for snacks:-

- fresh fruit or vegetables
- water

Please note that we are a nut-free school so please ensure that no food items containing nuts are sent in.

**Kindly note that the above applies for morning and afternoon breaks and all after school clubs that finish at 4.45 pm. If your child is attending the After School Care Club until 6.00 pm then they are permitted to bring a small sandwich. Boys who are in the late Judo session (5.00-5.45) may bring a small sandwich also.**

I ask for your support of these 'ground rules' as this is entirely in the interests of your child's health.

Yours faithfully,

Sarah Hollis

Headteacher