



25th October 2017

Dear Parents/Carers

Mid-Morning Snack

One of the areas we are focussing on this year, as part of our 'School Development Plan' is Positive Mental Health and Well Being – in particular some 'solution focussed work on healthy eating, resilience and positive mental outlook'.

Currently, our school buys into the fruit scheme for our KS1 children, and some parents pay into the milk scheme. This will continue.

In addition to this, we are offering a mid-morning snack, which will replace 'tuck' (crumpets and toast). We have identified that some of our younger children are having fruit, tuck, and milk and then having lunch only one hour later. Therefore, there is quite a lot of waste at lunchtime. It also means the children do not get to run around as much as they could, as they need time to eat their 'tuck'.

We would also like to encourage our children in KS2 to have a mid-morning snack. Observations have shown that only a small minority of KS2 children choose 'tuck', despite them having a slightly later lunch, and many going through 'growth spurts'! We are hoping that the more varied (nutritional) options will be more attractive to all our children, if they require a snack half way through the morning. *It is important to note that a mid-morning snack does not replace a wholesome breakfast before coming to school.*

The cost of the items for mid-morning snack will be more than toast or crumpets (the prices reflect the Lancashire County Council model), but we are sure you will appreciate the value of wholesome, nutritional food and its positive impact on children's physical, emotional and mental well-being.

If you have any questions regarding mid-morning snack, please do hesitate to contact us at school. This is a trial, and your views are very welcome. My email is sandersons@stpauls.lancs.sch.uk

Attached is the proposed 'menu' of choices and the days they will be available.

Yours sincerely

Miss S Sanderson
Acting Headteacher

