



**Goldsmith
Primary Academy**
A part of the Windsor Academy Trust

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Company Registration no: 07523436
Place of registration: England

Friday 2nd February 2018

Dear Parents/Carers

We have taken on board the feedback received from you about break time snacks. We are very keen to help our pupils adopt a healthy lifestyle and as you are aware, we have received a Healthy Schools Award. We want to support our children to make healthy food choices as they get older. We have seen an increase in very unhealthy snack choices with foods that contain a high fat and sugar content, also snacks with high levels of artificial colours.

In order to support with this change we will be providing free toast at break time for KS2 starting from Monday, whilst continuing the free fruit in KS1. Your child can still bring a healthy snack including:

- Flavoured Water
- Fruit
- Fruit pots in natural juice
- Cheese
- Low sugar cereal bar
- Yoghurt
- Popcorn is a great alternative to crisps (just check the traffic lights for sugar and fat on the bottom of the pack)
- Chopped vegetables



Check out the food scanner app to help identify the sugar content of packaged food items. This is a great way to get your children involved in understanding what a healthy snack is.

We will be doing further work around healthy lifestyles with the children and encouraging parents to get involved – maybe some joint cooking classes!

Thank you for your continued support.

Yours sincerely

Mrs Z Lowe
Head of School

