

E-mail sent to Parents/Carers 05.03.26

Dear Parents and Carers

As a school, we are committed to promoting a Healthy School environment and encouraging children to make positive choices about the food they eat.

We would like to remind families that children should not bring sweets to school as part of their snack or lunch. This also includes other unhealthy snacks such as crisps, biscuits and sweet drinks. Instead, we encourage healthier options such as fruit, vegetables, yoghurt, cheese, or other nutritious snacks that support children's wellbeing and learning.

In line with our healthy school approach, birthday treats no longer include cakes, sweets or chocolates brought into school. Instead, children celebrating their birthday can enjoy a non-uniform day, or if families would still like their child to share something with the class, they may bring fruit to share with their friends.

We would also like to ask for your support at the end of the school day. When meeting children after school, please try to offer healthy snacks such as fruit, vegetable sticks or breadsticks rather than crisps or sweets.

Unfortunately, we often find that the school site is left littered with sweet and crisp wrappers at the end of the day. We kindly ask parents and carers to help us keep our school environment clean by encouraging children to dispose of any packaging responsibly.

Thank you for your continued support in helping us promote healthy habits for all our pupils.

Kind regards

Mrs Wegrzyn

Assistant Head, Healthy School Lead
William Byrd Primary School