



Wednesday 5th September 2018

Dear Parents/Carers,

Healthy Snacks

From September 2018 any snacks you wish your child to have throughout the day must be provided by yourself. Drinking water, as always will be made available to all pupils, we will only offer squash or juice if it provided from home.

Riverside Bridge follows the Healthy School's guidelines, if you wish to provide your child with a snack from September 2018, please ensure it is a healthy snack.

Suggested snacks: Bread sticks, Rice cakes, Fresh Fruit, Dried Fruit, Yoghurt

Please Note: Children will not be allowed to have snacks or drinks such as chocolate, cake, biscuits, sweets or fizzy drinks. These items will be returned.

We are a nut free school and would request that no nuts are sent into school due to allergies.

We encourage all our students to drink water throughout the day, but if your child requires squash then please ensure that is sent into school. The class staff will inform parents/carers when their child's snack/drink supplies are running low in order for them to be replenished.

Please ensure all snacks and drinks are in suitable, sealed containers and are clearly marked with your child's name and class.

Your child will be given the opportunity to consume their snack at an appropriate time throughout the day, usually before or after break time.

Please note that students who are not provided with snacks will only have their school lunch or packed lunch at their allocated lunch time.

We would like to thank you for your support in maintaining our healthy school standards by providing suitable snacks, should you wish your child to have them.

Kindest Regards

Mrs K Cerri
Assistant Head Teacher
(Pastoral Care and Designated Safeguarding Lead)