



Orchard Primary and Nursery School

Head Teacher Mrs J Chambers
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Healthy Snacks at Orchard

Dear parents,

Please help us to encourage our children to think carefully about the snacks they bring to school on a daily basis. At Orchard children are welcome to bring a snack to enjoy during their morning break if they wish to do so. All that we ask is that you as a family consider the options that are available and make a choice which your child can enjoy but which also ticks the boxes as a healthy option. This will give them the boost that they may need midmorning whilst ensuring that they look after their bodies and learn to lead healthy lives.

All children in Year Reception to Year 6 are able to purchase a slice of toast, bagel or muffin from our kitchen staff at break time. All Orchard children in Nursery, Reception and Key Stage 1 receive a fruit or vegetable snack anyway on a daily basis. This is free of charge and this is always available to children in these year groups during the morning breaktime.

At Orchard we currently use Nottingham City L.A. to provide our school meals. The menu that they offer is carefully designed by nutritionists to give a healthy, balanced diet which will appeal to young people. At Orchard we operate the school meals menu very flexibly so that you are able to book a school dinner on the days when your child particularly likes what is on offer. Equally, you are free to send in a packed lunch on days when the menu choice is one that your child does not feel comfortable with.

During the school day there are facilities in every classroom to ensure that all children can get a drink of fresh water if they wish to do so. There is also plenty of fresh water available at lunchtime. Equally, if you wish to send in a drink for your child to enjoy with their lunch please feel free to do so. Again, we ask you as a family to discuss the possible options and choose a drink that is both a healthy option but also one that your child will enjoy.

Our healthy snacks advice to children and their families at Orchard has remained consistent over many years. We like to ensure that families are able to make choices that fit both their children's preferences but that are carefully thought through to ensure that our children are able to grow into fit and healthy adults.

Please feel free to contact me at school if you wish to discuss our healthy snacks guidance or indeed if there are any aspects of your child's daily school life that you wish to discuss in more detail.

Thanks, in anticipation of your continued support.

Mrs Jane Chambers
Head Teacher

