

Friday, 9th October

Dear Parents/Carers,

Snacks in School

We have been a little gentler with the snacks children have been bringing in to school over the past few weeks. We have left this as long as we can but now we have some children bringing in crisps, chocolate and sugary drinks in to school or dipping in to their packed lunches to find these types of snacks as others have them.

We have not allowed these snacks in school in the past because the level of sugar has a distinct affect upon children's behaviour after breaktime. With the increase in sugary foods and drinks every day we will now need to return to that policy from next week.

Our school food policy recommends that children bring in:

**fruit
dried fruit
vegetables (e.g. carrot sticks),
plain biscuits,
or cereal bars that are not chocolate or yoghurt based.**

Most cheese based snacks such as Cheese Strings are fine.

Many parents wish to send in a drink, however fruit juices are only recommended alongside a main meal due to the level of sugar and the effect of fruit acids on teeth. We would recommend water, however a very low sugar flavoured water is acceptable. If you are not sure please ask the class teacher.

We aim to ensure children know about healthy options through this system. However, we know that reducing higher sugar based snacks/drinks has proven impact on pupils' concentration and focus in class especially in our school. This benefit cannot be underestimated as a calm and focused class learns at a much greater rate with fewer losses of concentration.

Please note that if a child is bringing snacks to school that do not meet the School Food Standards then we will offer an alternative and ask them not to bring it in again. Thank you for your support.

Pupil with Nut and Peanut Allergy

We are just reminding you that a child in Y6 has a severe peanut and nut allergy. The allergic reaction can vary in severity but in this case we need to be extremely careful with the foods this pupil comes in to contact with. There is a possibility that such contact, even at a minor level, could lead to ANAPHYLAXIS which unless treated immediately can be life threatening.

As many of you will already know peanuts and nuts may be present within many foods - even where they are not listed in the ingredients there is often a note saying that food may have been prepared in a factory containing nuts.

For the safety and care of our pupils, we would ask that you check the ingredients of any food you provide for **snack** or for **packed lunch** to ensure there are no peanuts or nuts present. The more careful you are the more we can protect the health and wellbeing of our pupils. Thank you for your support with this matter.

Regards



Headteacher and the Pilsley Staff Team

Dates

20th October – Tempest Individual Photos
23rd October – last day of term
2nd November – first day back at school
13th November – Children in Need (tbc)
3rd December – Flu Immunisation (F2 Reception to Year 6 classes)
4th December – Bikeability (Year 6)
18th December – Christmas Jumper Day (tbc)
18th December – Last day of term

2021

4th January – INSET Day – Staff First Aid Training
5th January – INSET Day – Staff GDPR Training
12th February – last day of term
22nd February – first day back at school
1st April (Thursday) last day of term
19th April – first day back at school
3rd May – Bank Holiday May Day (one day only)
All of May – KS1 SATs month
10th May to 13th May – SATs week
28th May – last day of term
7th June – first day back at school
25th June – INSET day
28th June – INSET day
7th – 9th July – Year 6 Dukes Barn Residential
13th & 14th July – Lea Green Residential (Year 1's day only on 13th, Y2 both days)
22nd July (Thursday) last day of term