



Wednesday 17<sup>th</sup> March 2021

RE: Playtime Snack, Lunchboxes and PE

Dear parents,

With the return to schools opening fully, and due to lockdown and the restrictions that will have had on children's activity levels, we have been reviewing (and made the following decisions on) playtime snacks, lunchbox items and physical activity to support this.

1. Playtime snacks – **playtime snacks should be fruit and vegetables only**. Reception and KS1 get free fruit daily but you are also welcome to send your own fruit/vegetables in if your child is not keen on the choices. We tend to get a mixture of all different fruits and vegetables over the monthly period. We always have leftover fruit, so if your child is hungry at playtime, there's usually the option for more fruit! For drinks at playtime, **children under 5 get free milk and everyone else can have water**.
2. Ms Binnie (school cook) and I are looking at bringing back hot snack (toast, crumpets and tea cakes) in a covid-safe way, for after Easter. Please look out for more communication on this in the near future.
3. Lunchboxes – for some time now, we have monitored lunchboxes to ensure children are not bringing in things which are on the 'banned' list within schools. When children bring in those items, we respectfully request that they don't eat them and take them home and put a note in the child's lunchbox so that you are aware. Those items include: chocolate bars, fizzy drinks and sweets (for the full list see overleaf).
4. As you may know, for the last year we have been unable to do PE due to covid restrictions and currently, this is still the case. However, we have implemented a daily exercise regime instead which has been going really well. For those of you unfamiliar with this, we have:
  - Mindfulness Monday
  - Tips and Tricks Tuesday
  - Wednesday Walk
  - Challenge Thursday (couldn't think of an alliteration for this!!)
  - Fitness Friday

Now we are back in school on a Friday afternoon, we are also adding in Fitness Friday!! This will be aerobic style activities as a workout for children. All in all, this means we will be having 2 ½ hours a week physical activity (1/2 hour more than the recommended amount).

5. Due to bubbles staying in place for the rest of this academic year, we won't be able to resume after school sports / activity clubs until September, but rest assured, in September, we will be offering a plethora of activities to support the children's health and well-being.

We hope that you will support our decisions and can see that all of the decisions made have your child/ren's health and well-being at the forefront of our thinking as we begin to resume school with healthy habits and plenty of activity.

Kindest regards,

Mr. Williams (Headteacher)

### Lunchboxes!

We always encourage children to lead a healthy lifestyle and as part of this, we have been monitoring lunchboxes over the past few weeks to see what children have in them. Please be aware that as from this week, items on the 'banned' list will not be allowed and children will have these items taken off them if staff see them. To avoid your child being disappointed/embarrassed, please ensure that you are not putting the following items in your child's lunchboxes:

- sweets
- Fizzy drinks
- Chocolate bars
- More than one sweet "snack" bar/pudding
- Lollypops

Today, the highlighted items were in your child's lunchbox. Could we respectfully ask that you make some alternative choices in the future.

If your child is in KS1/R, don't forget your child is entitled to a free school meal every day! Why not consider this as a more healthy alternative to a packed lunch.