



MABLETHORPE PRIMARY ACADEMY

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Dear Parents and Carers,

We are writing to share an important reminder about our school's expectations around snacks and drinks brought in from home. Over recent weeks, we have noticed a significant increase in sweets, chocolates, and fizzy drinks being brought into school. As part of our commitment to promoting healthy lifestyles and supporting pupils' wellbeing, we need to address this.

Breaktime Snacks

From now on, we ask that all breaktime snacks follow these simple guidelines:

- Snacks should be 100 calories or less, fruit is provided daily for Nursery to Year 2 children.
Suitable options for Year 3 - 6 include fruit, vegetables, crackers, rice cakes, and other healthy choices.
- No sweets, chocolate, or fizzy drinks should be brought into school at any time.
- No food should be shared between children.
This is to keep everyone safe, particularly those with allergies or dietary needs.

Drinks in School

Water is always available in classrooms, and children are encouraged to bring a refillable water bottle to stay hydrated throughout the day. Only water or sugar free squash should be brought into school—no energy drinks, or fizzy drinks, please.

We appreciate your support in helping us maintain a healthy, safe environment for all pupils. If you have any questions or need guidance on suitable snack options, please feel free to contact us.

Thank you for your continued cooperation.

Kind Regards

Staff at Mablethorpe Primary Academy

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