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Dear Parents/Carers,

To continue with our journey onto being a healthy school, we are writing to clarify the school policy on healthy eating, fruit and water at break time. The two main aims of this are:

- To improve the health of pupils, staff and the whole school community by helping to influence eating and drinking habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.
- To ensure pupils are well nourished and hydrated at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.

Generally speaking, if a child has had a nourishing breakfast, a playtime snack should not be necessary if they are having a healthy lunch. Having a healthy balanced lunch has been credited as a contributing factor in the improvement of pupil's concentration, attention, energy levels and ultimately high levels of academic achievement.

However, we are aware that some children will eat very little at breakfast time and may benefit from an opportunity to eat a snack at break time. The school policy on snacks is to ensure that this should be a healthy option, as it was also negatively highlighted by Ofsted in our most recent inspection.

If you would like your child to have a mid-morning snack, this will be fresh fruit or vegetables. Chopped up, fruit or raw veggies such as carrots or peppers are ideal. Please note: that the most recent guidance is that dried fruit is no longer recommended as a between-meal snack as it's high in sugar and can be bad for teeth. We do not wish to stop the break time snacks but we do rely on our parents to make the healthy choices for our pupils and to abide by our school policy. Please do not send snacks that are high in fat or sugar, specifically chocolate, crisps and sweets, as it is upsetting for the children when staff have to stop them eating their snack.

Finally, could you also ensure your child is sent to school with a refillable water bottle containing only water, no squash, so they can have access to water throughout the day. They can then take this home daily to wash and refill. The short and long term benefits to children of drinking water throughout the school day include:

- Children are not distracted by feelings of thirst, tiredness and irritability.
- Children are more receptive to learning.
- Improved cognitive function and mental performance.
- Improves social behaviour.
- Numerous health benefits to the body.

We thank you in advance for supporting the school in encouraging your child to lead a healthy, happy and fulfilling life.

Kind Regards

Mark Hughes

PE Leader