

**Porters Grange Primary School & Nursery** 

Part of the Portico Academy Trust

Principal Miss D. Henley Vice Principal Mr M. Aggus Lancaster Gardens, Southend-on-Sea, Essex, SS1 2NS Tel: 01702 468047 www.portersgrange.co.uk Email: office@portersgrange.southend.sch.uk



**CEO - Mrs C. Woolf** 

Dear Parents and Careers,

As part of our work to maintain the Healthy Schools status, we are constantly reviewing our practices and ensuring that we provide the healthiest options for our children throughout the school day.

## **Break Time**

We thank you for your continued support in our decision to eliminate the consumption of crisps, biscuits, cereal bars and cakes during morning break times.

Children in KS1 receive a free fruit snack and do not need to bring in a snack from home.

KS2 children do not receive the government scheme for free fruit and vegetables. Year's 3, 4, 5, and 6 may bring in a snack from home or they can buy healthy snacks in school from our school tuck shop. <u>Our current policy allows fruit or vegetables only to be consumed by the children during morning break.</u> If your child chooses to bring in a snack from home, please ensure it is either fruit or vegetables.

## <u>Drinks</u>

Children may bring in a water bottle to refill in school, **this should contain water only.** Children may help themselves to a drink throughout the school day. We have a water fountain available for playtimes and lunchtimes.

Thank you for your continued support in helping us to maintain our status as a Healthy School.

Yours sincerely,

Mrs Hallifax (Healthy Schools Leader)

