



Waterbeach Community Primary School

Learning - Laughter - Friendship

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Dear Parents/Carers,

In an effort to provide children with the healthiest environment we can, we encourage children to only bring in healthy snacks for their break time school snack.

As I am sure you know children need healthy snacks to help them grow and stay healthy. Snacking isn't bad for children, but what they snack on is important and we want your children to be the healthiest they can be. If you give your child healthy snacks now, he or she will learn to make healthy food choices in the future.

Snacks that are especially good for children (and adults!) are fruits and vegetables, low-fat dairy products such as milk and yogurt, and whole-grain foods including whole-wheat tortillas, bread, and cereal. Although nuts in small portions can be healthy snacks, I would like to remind you that nuts and nut products (e.g. peanut butter) should never be sent to school because of allergy concerns.

Thank you very much for your support.
Have a healthy day!

Mr Stafford

Our school will encourage each child to grow into a happy, confident individual, thriving in a supportive community where each is inspired to learn and discover through a kaleidoscope of opportunities, with space to imagine and to create.