MEDINA PRIMARY SCHOOL

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Headteacher: Mrs A McGarvey
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Wednesday 21st October 2026

Dear Parents and Carers

At Medina Primary School, we are committed to supporting the health, well-being, and learning of all our pupils. Following our active promotion of healthy lifestyles, we are introducing an updated snack policy for our Key Stage 2 (Years 3 to 6) children.

What is changing for Key Stage 2?
Starting **immediately after the upcoming half-term break Tuesday 3rd November**, all snacks brought in from home for morning break in Key Stage 2 must be healthy options.

To align with our healthy school ethos, **crisps, chocolate, biscuits, and confectionery will no longer be permitted** during break times.

Provision for EYFS and Key Stage 1
Please note that children in Reception, Year 1 and Year 2 will continue to be provided with a fresh piece of fruit or vegetable free of charge every day through the School Fruit and Vegetable Scheme.

Why are we making this change?
A nutritious morning snack helps maintain children's energy levels, improves concentration, and supports overall well-being throughout the school day. Eating well early in life also helps build lifelong healthy habits.

What can KS2 children bring for break time?
We encourage parents to pack simple, wholesome, and nutritious snacks. Here are some great ideas that your child can bring:

- **Fresh Fruit:** Apples, bananas, berries, oranges, or melon slices.
- **Vegetable Sticks:** Cucumber, carrot, pepper, or celery sticks.
- **Dried Fruit:** Raisins, sultanas, dried apricots, or mango slices.
- **Savoury Bakes:** Plain rice cakes, oatcakes, or breadsticks.
- **Dairy Snacks:** Cheese cubes or a cheese string.

Important Reminder: Please remember that we are a **Nut-Free** school. Please do not send any items containing nuts or sesame.

Water Bottles
Please ensure your child continues to bring a refillable water bottle every day, containing **plain water only** for the classroom and break times.

We greatly appreciate your support and cooperation in making this positive step towards a healthier school environment for our children. If you have any questions or require further advice, please do not hesitate to contact the school office.

Yours sincerely

Mrs A McGarvey
Headteacher