

## **SNACKS!**

*Research shows that a child needs to be in the best physical state for learning in order for the brain to take in and process information*

### **Creating the Conditions for Learning**

As a school we have had the opportunity to work with some of the country's leading educational experts on creating good conditions for learning. One of the most important ways to ensure that children learn well is to ensure that they eat well and are hydrated.

### **Nutrition**

Good nutrition enables children to maintain good levels of energy and concentration throughout the day, keeping the momentum of learning high. **Whilst the children are in Foundation Stage (FS) and Younger Team (Yrs 1 & 2) they are provided with a healthy snack by a government funded scheme.**

When they move into Middle (Yrs 3 & 4) and Older Team (Yrs 5 & 6) you will need to provide a healthy snack for your child to eat during the school day.

Please note crisps, chocolate bars, biscuits and sweets are **NOT** healthy snacks.

These are some of the suggested healthy snack items:

- Apples / Pears / Bananas
- Carrots / Cucumber / Tomatoes
- Grapes / Blueberries / Pineapple
- Raisins
- Dried fruit
- Pumpkin, sunflower seeds or similar but **NOT sesame seeds or nuts**
- Bread sticks (unflavoured)
- Rice cakes (Plain)
- Plain bread e.g. pitta
- Cereal bars but **NOT containing nuts or chocolate**
- Malt loaf
- Fruit bars i.e. YoYo bears or Fruit Winders
- Yogurt tubes e.g. Frubes

**Please remember that 'NO NUTS' in any form are allowed in school or in the school grounds.**

### **Water**

We encourage every child to bring a water bottle with a sports cap to school every day and drink from it regularly. Becoming dehydrated leads to poor learning performance. Please support by encouraging the children to bring in their fresh water bottles every day so that we can model and build in regular 'hydration breaks' throughout the day.