



## Elton Primary School & Nursery

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**Headteacher – Mr Kevin Manning**

25<sup>th</sup> January 2023

Dear Parents/Carers,

One of a school's requirements is to ensure that children, "know how to eat healthily, maintain an active lifestyle and keep physically and mentally healthy."

Like all schools we try to encourage healthy snacks in school at breaks and a healthy dinner too. We offer free fruit each day to our infant children at break time. All children also have the chance to buy snacks from the kitchen during break. We do allow children to bring snacks in from home but we are concerned about the size and appropriateness of some of these snacks. I would ask parents to just check what snacks they are sending in to ensure that they are appropriate. A large chocolate bar or packet of crisps is not appropriate for school break times.

On a similar note we do allow children to bring drinks into school to keep hydrated – the healthiest and cheapest option for this is of course water. Many schools only allow water however we do allow diluted squash too.

I am concerned that some children have started to bring branded drinks into school – most notably "Prime". I'm sure most of you are aware of the new craze the drink is causing. Some of the Prime drinks are carbonated sports drinks with high caffeine content and not appropriate for schools (these have "Prime Energy" written on them). The other type "Prime Hydration" are predominantly flavoured water and so could be appropriate for children. However the Prime bottles can be a major distraction to lessons as children are removing themselves from their lessons to be seen drinking with the Prime branded bottles. I have told children today that the Prime bottles are not allowed in school. Children can bring water or juice in their own water bottles.

Thank you for your continued support.

*K Manning*

Mr Manning  
Headteacher

