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King's Academy College Park

A King's Group Academy

Headteacher: Mrs R Carlyle

Wednesday 18th September 2024

Healthy snacks

Dear Parents/Carers,

As part of our commitment to promoting the health and well-being of all pupils, we are encouraging families to provide healthy snacks for their children during the school day. Nutritious snacks are essential for helping children maintain their energy and focus, supporting both their physical growth and learning.

To help guide you, we have outlined some suggestions for healthy snack options below. These options ensure children are receiving the nutrients they need while avoiding excessive sugars, unhealthy fats, and salt.

Recommended healthy snacks include:

- Fresh fruit and vegetables (e.g., apple slices, sliced grapes, carrot sticks)
- Wholegrain crackers or rice cakes
- Low-fat yoghurt
- Cheese
- Hummus with wholemeal pitta bread or vegetable sticks

We kindly ask that you avoid sending snacks such as:

- Sweets, chocolate, or biscuits
- Crisps or fried snacks
- Sugary drinks or fizzy drinks

If your child brings a snack to school that doesn't meet these requirements, we will notify you via Class Charts so that appropriate adjustments can be made in the future.

Providing children with nutritious snacks helps to ensure they stay alert and energised throughout the school day, improving their overall school experience. Inspiration for healthier snacks can be found on the following website - <https://www.nhs.uk/healthier-families/food-facts/healthier-snacks/>

Thank you for supporting us to create a healthier school environment.

Kind regards

Mrs Carlyle