Sacred Heart Catholic Primary School and Nursery
Headteacher Mr C Beazeley
Windermere Road, Southend on Sea, Essex, SS1 2RF
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20th October 2026

Dear Parents and Carers,

We are always pleased to see children bringing a snack to enjoy during break time, as having something to eat can help them stay focused, energised and ready to learn throughout the morning. What you eat fuels your body and in school it is important that we are eating foods that allow us to focus and keep energy levels sustained for the most amount of time.

Recently, however, we have noticed an increasing number of children bringing snacks that are high in sugar, salt and fat. Examples include; cakes, donuts, chocolate bars, biscuits (including whole packets), sweets and sharing bags of crips. These items are not suitable as break-time snacks and do not support the healthy habits we aim to encourage in school.

After half term, teachers and support staff will be checking snacks before children go out to break. If a snack is not considered a healthy choice, children will be asked to return it to their school bag and save it for home. If a child is repeatedly bringing unsuitable snacks or is seen eating them at break time, a reminder slip will be sent home.

We particularly ask parents and carers of children in Upper Key Stage 2 to discuss this with their child. We appreciate that some pupils may be purchasing snacks independently on their way to and from school, and parents may not always be aware of what is being brought in.

We will be arranging more Healthy School sessions soon where you can come and talk to us about any support you may need and to ask us any questions.

Thank you for your cooperation.

Healthy Snack Ideas

Apples, pears, bananas and other fresh fruit

Carrot, cucumber or pepper sticks

Cheese portions or cheese strings

Small portions of grapes or berries

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Plain rice cakes

Plain crackers or breadsticks

Fresh fruit pots





