Part of PACE Academy Trust
**New Valley Primary School**
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Head Teacher: Pete Steward
Deputy Head: Sally Dubben

18th December 2019

Dear Parents & Carers

This year at New Valley we are making children's **wellbeing**, including their physical and mental health, our main priority. One aspect of this is food and diet, and I am writing today to let you know about a change we are making for when the children return in January.

To support the children in eating well during the day, **each class will now have snack time in their classroom in the morning, either immediately before or after break time**. We want to encourage healthy eating habits as much as possible, so for their snack, **children should bring a piece of fruit**; as an alternative, they may have a cereal bar instead, but **chocolate, sweets or crisps are not allowed in school**.

Remember that because of serious allergies, **we are a nut-free school; please make sure that no one brings anything containing nuts to school**.

Please note that **no food will now be allowed on the playground from now on**. As well as allowing us to monitor and encourage healthy eating habits, this will also tackle the issue of litter in the school grounds.

In the coming weeks, we will let you know about many other initiatives we will be introducing to support your children's wellbeing.

Thank you very much for your support with this.

Yours

Pete Steward
Headteacher

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