

Knowsley Junior School

Respecting each other, succeeding together.

Headteacher
Mrs T Gresty BA, PGCE



Stoneleigh Road
Springhead
Oldham
OL4 4BH

Tel: 0161 633 4433
Email: info@knowsleyjuniorschool.co.uk
www.knowsleyjunior.co.uk

12th September 2025

Dear Parent/Carer

At Knowsley, we are dedicated to supporting the health and well-being of our children. As part of our commitment to maintaining a healthy school environment, and in line with Healthy Schools' guidelines, we have put together some recommendations for snacks that your child may bring to school for their break time.

Healthy Snack Suggestions

We encourage children to enjoy a variety of nutritious, balanced snacks that will fuel them throughout the school day:

- Vegetable sticks, such as celery, cucumber, peppers, and carrots. A colourful selection provides a variety of vitamins and minerals.
- Cheese – a piece of cheese or a Babybel is a good source of calcium and protein.
- Fresh or dried fruit – rich in fibre and vitamins, fruits like mango, kiwi, raisins, apricots, blueberries and bananas make a tasty, natural snack.
- Fruit bars or fruit sticks.
- Squeezy yoghurts.
- Carbohydrate-based snacks, such as breadsticks, plain pretzels, banana bread, croissants, brioche, malt loaf, oat or rice cakes and small pitta breads. These provide energy to help sustain children between meals.

Please note:

- **We are a nut-free, sesame-free and pineapple-free school, so please do not send snacks containing these ingredients.**
- We aim for a common-sense approach to snacks, encouraging healthy choices, therefore, chocolate, sweets, and crisps are not permitted during break time.

These guidelines apply to break time snacks only and do not extend to packed lunches.

Thank you for your support in helping us to promote healthy eating habits.

Yours sincerely

A handwritten signature in blue ink that reads "T. Gresty". The signature is written in a cursive, flowing style.

Mrs T Gresty
Acting headteacher