



GHYLLGROVE PRIMARY SCHOOL AND NURSERY

with Resource Base for Deaf Children

The Gore, Basildon, Essex SS14 2BG

Telephone: 01268 450067

www.ghyllgroveprimaryschool.co.uk

Headteacher: Mrs R. Tidiman

Deputy Headteacher: Mrs L. Morley












Healthy Snacks at Ghyllgrove

At Ghyllgrove we endeavour to be a healthy school. This includes teaching the children about how to make good choices for their health; including what they eat and how this contributes to their wellbeing.

Through the Government scheme all children in EYFS and KS1 (R, Y1 & Y2) are offered a healthy snack at school this is always a fruit or vegetable such as an apple, banana, carrot, tomato or pear.

NHS Guidance 'Change 4 Life' has some good advice around snacks and how to shop for healthier snacks. [Healthier snacks - Food facts - Healthier Families - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Ideal Snacks For School	Snacks not for School
<p>Portion of Fruit or Vegetables</p>    <p>Small portion dried fruit</p>  <p>Savoury crackers, breadsticks or rice cakes (Plain) – please check the sugar and salt content.</p>  <p>Malt loaf bar</p>  <p>Small Portion of Cheese sliced or cubed</p> 	<p>Nuts – we are a nut free school</p> <p>Cakes</p> <p>Biscuits</p> <p>Chocolate bars</p> <p>High sugar cereal bars</p> <p>Waffles/pancakes, crepes, pastries</p>  

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We appreciate your support in providing your child with a healthy snack and a refillable water bottle.

Yours Sincerely

Mrs Morley
Deputy Headteacher

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