Hightown Primary School, Infant and Nursery School
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Headteacher: Mr. Russell Ingleby

23rd September 2026

Dear Parent/Carer,

Breaktime Snacks

We have seen a variety of snacks brought into school and would just like to kindly ask if you could not send children with nuts for their snack due allergies.
Fruit, vegetables or healthily cereal bars are all acceptable breaktime snacks.

We would just like to clarify that Key Stage 1 children (Reception through to Year 2) are all provided a free piece of fruit or veg each day so they **do not** need to bring their own.

Key Stage 2 (Year 3 through to Year 6) children are welcome to bring in one **healthy snack** for breaktime, as stated above consisting of fruit, vegetables or healthy cereal bars for example.

The following link from the NHS has some great snack ideas https://www.nhs.uk/healthier-families/food-facts/healthier-snacks/.

Yours sincerely

Hightown Primary School