



Oughtibridge Primary School

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Headteacher: Helen Adams | Deputy Headteacher: Gemma Shelton



Friday 4th September

Dear Parents and Carers,

At our school, children are now only permitted to bring **fruit (including dried fruit) or vegetables** for their morning snack.

There are two key reasons for this policy. Firstly, we are committed to promoting **healthy eating habits** and encouraging children to make nutritious choices that support their wellbeing, concentration and learning throughout the school day.

Secondly, and most importantly, we have children in school who have **severe allergies to nuts and wheat**. Under **Benedict's Law**, schools have an increased responsibility to ensure that children with serious allergies are protected from avoidable risks. Even very small traces of allergens can trigger a severe allergic reaction, known as **anaphylaxis**, which is a medical emergency requiring immediate treatment.

Restricting snacks on the playground to fruit and vegetables helps us reduce the risk of accidental exposure to allergens and creates a safer environment for all children. We therefore ask that families do not send cereal bars, biscuits, pastries, crackers, cakes or other snack foods into school, even if they do not appear to contain nuts or say they are gluten-free. If your child has additional needs, please discuss snacks with a member of school staff. At lunchtime, we have other arrangements to ensure pupil's safety around food.

A reminder that we do have a [guide to healthy packed lunches](#) which is available on our school website. We strongly encourage parents to use this with their children to help make sure packed lunches are as healthy as school lunches. School meals which are provided by the school must adhere to the Government School Food Standards which have been in place since 2015. These standards ensure that children are offered healthy, nutritious meals

Unfortunately, there are no such standards for packed lunches brought in from home and a recent survey found that only 1 in 100 packed lunches would meet the School Food Standards. Worryingly, 82 contained unhealthy snacks such as chocolate or sweets, 61 contained sugar sweetened drinks such as fizzy pop or milkshakes, and 60 contained savoury snacks high in fat and salt, such as crisps

Packed lunches can contribute to almost a third of a child's weekly food intake, therefore we want to encourage healthy packed lunches for those children who bring them into school. We appreciate your understanding and cooperation in helping us keep every child safe while encouraging healthy lifestyles.

Yours sincerely,

Mrs H. E. Adams

