



Knights Enham Junior School

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Promoting Heathy Snacks

In an effort to provide children with the healthiest environment we can, we are encouraging you to provide only healthy snacks for breaks times.

Recently we have noticed in school that some children are bringing in snacks with a high fat and sugar content and would like to take the opportunity to work with children to enable them to make healthier choices.

Healthy Choices

The school council have drawn up a list of possible healthy snacks.

- A piece of fruit
- Dried fruit such as raisins
- Vegetable sticks
- Filled rolls / sandwiches / pitas / tortillas
- Crispbreads
- Rice cakes
- Bread sticks with cheese
- Crackers spread with low fat cream cheese
- Cheese/cheese strings
- Twiglets

Sugar and fat-laden foods such as confectionary, biscuits, pastries, sausage rolls and crisps should be avoided.

Fluids in School

We would also like to take this opportunity to remind parents that children are encouraged to bring water bottles into school. Children require 6-8 glasses of fluid a day to stay healthy and even small levels of dehydration can lead to reduced levels of concentration and affect behaviour. Personal water bottles can be kept in the classroom and can be filled as needed. Bottles, however, should go home each day to be washed.

Many thanks for your support.

The School Council

At Knights Enham Junior School we provide...

Inclusive and ambitious learning experiences where our school community feels safe and motivated to achieve their best.

'Together We Achieve'

