



Growing and Blossoming
"Aspiration, Inclusion, Happiness"

Crossley Hall Primary School

Friday 17th November 2023

Healthy Eating

Dear Parents and Carers,

At Crossley Hall Primary School we encourage children to make healthy choices around food and educate them about healthy eating through both our science and PSCE curriculum.

In order to support this, we would like to remind parents to provide children with healthy food for break times and packed lunches

This may include:

- Water: tap water or unflavoured, still, bottled water
- Fruit or vegetables
- Cereal bars
- A slice of malt loaf
- Fromage frais or yogurt
- Rice cakes
- Sugar-free jelly

The following items are not suitable healthy snacks and should not be brought for break or as part of a packed lunch.

- fruit juices, smoothies, sparkling water, squash or fizzy drinks, even those labelled 'no added sugar', 'diet' or 'zero'.
- Crisps
- High sugar snacks such as biscuits or chocolate bars
- High sugar spread such as jam or chocolate spreads in sandwiches.

These recommendations are in-line with the guidance provided to school by the Department of Education, School Food and Public Health England.

Thank you as always for your continued support.

Yours Sincerely
Mrs Monnery



Headteacher: Mrs E Monnery
Deputy Headteacher: Mrs S Canning



Thornton Road, Fairweather Green,
Bradford, West Yorkshire, BD8 0HJ

T: (01274) 488 703
E: office@chps.paymat.org
www.crossleyhallprimary.co.uk