

Monday 28th September 2026

Dear Parents and Carers,

Healthy Snacks and Nut-Free School Reminder

We would like to remind all families about the snacks children bring into school and ask for your support in helping us to promote healthy choices and keep all children safe.

Children may bring one healthy snack to school for morning break, such as:

- Fresh fruit
- Dried fruit
- A cereal-based snack
- A suitable breakfast-style item

Please do not send chocolate, crisps or other confectionery items into school as a snack.

We would also like to remind all families that we are a nut-free school. This is particularly important because some children may have serious allergies.

Please therefore ensure that snacks, packed lunches and other food brought into school do not contain nuts or nut-based products. We would be grateful if parents and carers could check food labels carefully when choosing items to send into school.

Thank you for your continued support in helping us to encourage healthy choices and maintain a safe environment for everyone.

Yours sincerely,
Prestolee Office

Primary School - Aiming High



CEO : Mr M H Tonge BEd MA NPQH

