



The Wembley Schools Federation
Lyon Park Primary School
Vincent Road, Wembley, Middlesex, HA0 4HH
Executive Headteacher: Mr R Fenton
Headteacher: Mrs T Bhambra
Chair of Governors: Mrs I Yarde

Friday 17th November 2023

Dear Parents and Carers,

Re: Health snacks for Year 3 to 6 children

I am writing to inform you about an important update regarding the mid-morning snack KS2 children can bring into school. We are committed to promoting a healthy lifestyle for our children, and we believe that a balanced diet plays a crucial role in their overall well-being and academic performance. As part of our ongoing efforts to instill healthy eating habits, we kindly request that you provide your child with a healthy snack consisting of fruit or vegetables only for their mid-morning break from Monday 20th November.

We understand that change can often be challenging, and your cooperation and understanding in this matter are greatly appreciated. Encouraging your child to consume fruits or vegetables as part of their daily snack can have numerous benefits, including increased energy levels, improved concentration, and enhanced overall health.

To assist you in making suitable snack choices, we have compiled a list of healthy and convenient snack options that your child may enjoy:

Fresh fruits such as bananas, apples, grapes, or oranges.

Vegetable sticks, such as carrots, cucumber or red peppers.

Dried fruit, such as raisins, apricots, or mango slices.

Additionally, we encourage all parents and carers who bring a snack for their child at home time to choose healthy fruit or vegetable options too.

Thank you for your support in fostering a healthy learning environment.

Yours sincerely,

Ms T K Bhambra

Headteacher





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