



Elmwood Junior School

Headteacher: Mr Chris Marston BSc (Hons) PGCE NPQH

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Friday 16th September 2022

Morning Fruit snack

Dear Parents/Carers,

As of next week, children are able to bring in a piece of **fruit** to eat as a snack at morning breaktime. It **MUST** be a piece of fruit e.g. apple, banana, pear etc and **must not** be a processed fruit item / packaged item, e.g. Winders, yoghurt etc.

As a school we strive to encourage healthy eating, which is scientifically proven to support children's wellbeing and concentration levels.

Kind regards

Mr Marston

Headteacher

