



Walter Infant School

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Headteacher: Mrs Judy Wheeler

THANK YOU

Dear Walter Infant School Families,

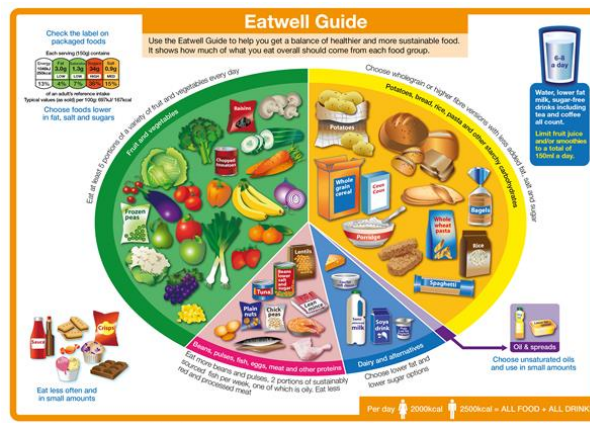
I would like to thank you all for your understanding and co-operation with the changes we have brought in this term and I would also like to take this opportunity to explain the rationale around the changes we have made and to reassure those of you who are concerned about any ramifications.

Snacks at the end of the day in the school playground

In science, our children learn about healthy diets and exercise. We now have 3 running tracks in school and our new pitch to encourage our children to be as active as possible; in addition to this the National Curriculum 2014 directs us to ensure that children learn to:

“describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene” (Year 2 programmes of study)

We use the Eatwell Guide (A Government Publication) to support our teaching and share resources, such as the image below, to support knowledge and understanding about healthy lifestyles.



To support this knowledge and understanding further, we believe our school environment should reflect that we promote healthy lifestyles. We have therefore kindly requested that snacks are not brought into school at the end of the school day; thank you so much for respecting this request.

Birthday Sweets

We have asked that the children no longer bring sweets or cakes in to share with the classmates at the end of the school day; we have so many different allergies and intolerances, as well as vegetarians, that it has become too risky and very difficult to manage. Several of our children have very severe nut allergies and we believe that the risk of exposure to nuts from sweets is not worth taking. Many parents have expressed a concern about the children receiving up to 30 sweet and sugary treats that haven't been planned for and a refusal to allow the sweets to be eaten at other times can result in tears! Our vegetarian children are not able to eat Haribo sweets, which are often the sweet of choice, and are therefore left disappointed. We have spoken to our children about our decisions and they have agreed that we don't want children to feel left out or unhappy.

Friday Toys

This too, has been a very positive change; we have already noticed a drop in disagreements on a Friday, nothing has been lost or broken, and we have had no tears at the start of the school day when toys have been forgotten or left at home.

Future events

I would like to reassure you that these decisions will not impact on Christmas parties, bake sales or the selling of refreshing sugar free ice pops in the summer. We will also be continuing the custom of 'sweet cups' at the school summer fair and our fantastically successful chocolate tombola. We recognise that it is lovely to have treats such as sweets and cakes and we are certainly **not** saying that they are 'bad' things to eat; our message is that they are the sort of foods we eat less often than other types of food, to ensure we have a healthy, balanced diet.

If you have any other concerns, questions or queries, please do not hesitate to contact me on head@walter.wokingham.sch.uk

Yours sincerely,



Judy Wheeler
Headteacher



A member of



The University of Reading ITT Partnership

