


Friday 10th October 2025

Dear Parents and Carers,

We wanted to share a short update about snack time, following the latest government guidance on food safety for children. The Department for Education reminds all schools and early years settings to make sure that food and snacks are safe, healthy and appropriate for the age of the child. This is particularly important for our younger pupils, especially those under five, as they are still developing their chewing and swallowing skills.

In line with this recommended guidance, and to help us keep snack times safe and enjoyable for everyone, please could we ask that any snacks brought from home follow these simple steps:

- Cut grapes, cherry tomatoes and similar round foods into quarters
- Avoid sending popcorn, hard sweets or other hard foods that could be difficult to chew or swallow — this is especially important for children under five.
- Please remember that we are a nut-free school, so snacks containing nuts or nut products should not be sent in
- Label any containers clearly, especially if your child has allergies

We also encourage snacks that provide children with lasting energy and support healthy habits. In line with government guidance, this means offering simple, nutritious options such as fruit, vegetables, dairy or wholegrain foods. This isn't about restricting choice, but about helping children build positive eating routines that keep them fuelled and focused throughout the day.

Thank you for your continued support and understanding. Following this guidance helps us to keep all children safe and make snack times a positive and stress-free part of the day.

If you have any questions or suggestions, please don't hesitate to get in touch.

Kind regards,

Claire Pateman
Head of Schools MIJS