Albrighton Primary School and Nursery
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Headteacher: Karen Tearle

13th July 2026

Dear Parents and Carers,

As we prepare for the new academic year, I would like to thank you for your continued support and share a few updates relating to healthy eating and our school environment.

Healthy Snacks at Break Time

At school, we want to continue to support children in developing healthy habits that enable them to feel their best and be ready to learn. To help with this, we encourage children to bring in a healthy snack for breaktime. From September we would like that snack to a **fruit or vegetable snack,** and where possible, one that is free from packaging.

Fruit and vegetables provide children with a healthy source of energy and help them stay focused and engaged throughout the school day. Choosing simple, healthy snacks also helps us promote a consistent message about healthy eating across the school.

We would be grateful if you could also remind your child that food brought in their lunchbox should be saved for lunchtime, with only their break-time snack being eaten during morning break.

Changes to Food Regulations

You may be aware that the statutory guidance relating to food in schools is changing from September. Our school has already taken steps to align with these requirements, and Vicky and the catering team will continue to provide a range of healthy, nutritious and balanced meal options for our children.

As part of these changes, children will no longer be able to bring sweets or confectionery into school to share on their birthdays.

We appreciate that this will be a change for many families and may be disappointing for some children. We would value your support in helping children understand that this decision is linked to the wider focus on healthy eating and ensuring that we meet the requirements set for schools. We will, of course, continue to recognise and celebrate birthdays in school in other meaningful ways.

Mobile Phone-Free School Environment

Finally, I would like to take this opportunity to remind everyone about our aim to maintain a mobile phone-free environment in and around school.



We kindly ask parents, carers and visitors to avoid using mobile phones while on the school site, particularly during drop-off and collection times. This helps us to safeguard children's privacy, maintain a safe environment and encourage positive interactions within our school community.

Thank you, as always, for your support and partnership. By working together, we can ensure that school remains a happy, healthy and positive place for all our children.

We look forward to welcoming everyone back for another successful year.

Yours sincerely,

K. Teale

Headteacher

