



Nant Celyn Primary
School
Henllys Way
Cwmbran
Torfaen
NP44 7DJ

Headteacher Ms K Smith (NPQH, MSc Econ)



8th July 2025

Annwyl Parents and Carers,

Healthy Snack Guidelines at Nant Celyn

Many children require a snack at morning break to keep them going until lunch.

Nant Celyn is a Healthy Eating school and we encourage children to bring in healthy snacks full of vitamins and minerals containing no added salt, fat or sugar. ***Many of these will help contribute to their 5 daily portions of fruit and vegetables, keep them alert, settled and help them concentrate and learn.*** It can be hard during the week to think of suitable items for them to bring in to school, but we are aiming, with the help of the children, to not only support them in making healthy choices regarding snacks, but to also reduce food packaging and waste. Providing snacks in a small, named, recyclable container is ideal.

If you are intending to send in healthy snacks with your child please limit them to the list below.

- Vegetable sticks – such as celery, cucumber, peppers or carrot, a range of colour ensures different vitamins and minerals.
- A piece of cheddar cheese, Babybel or even a cheese string!
- A piece of fresh or dried fruit, high in soluble fibre and vitamins would also be a great snack– pineapple, mango, kiwi, plain raisins, apricots, blueberries, banana slices.
- Bread sticks, crackers, plain pretzels, banana bread, oat/rice cakes and small pitta breads are also good snacks, providing children with carbohydrate to sustain them in-between meals. Plain popcorn (no salt or sugar) is also a lovely snack!
- Tube of yogurt or fromage frais

We are aiming for a common-sense approach, with the key being to keep it healthy and no chocolate, sweets, biscuits or crisps. Sugary snack and drinks have a really clear impact on children's thinking, behaviour and readiness to learn!

Please don't send children to school with nuts as we have children with serious nut allergies in the school and it would be very dangerous for them.

We need the children to stay hydrated and so please ensure they bring a named water bottle into school daily. We hope that with your help, we can encourage the children to develop healthy eating habits that become a normal part of everyday life. By keeping high calorie snacks to a minimum and establishing healthy eating habits early on, improvements can be made for a child's quality of life both in the short and long term.

Diolch yn fawr for your support in this!

A handwritten signature in black ink, appearing to read 'Keri Smith', with a stylized, flowing script.

Keri Smith - Headteacher