



Orchard Primary and Pre-School

12 November 2025

Dear Parents/Carers

School's Nutrition and Snack Policies

I hope this email finds you well. I wanted to take a moment to clarify and remind everyone about our current school food guidelines.

Playtime Snack Policy

I'm pleased to share some details about our current snack arrangements:

- Monday to Thursday: Pupils are welcome to enjoy fresh or dried fruit and vegetables during playtime.
- Friday: Children can have a snack of their choice.

Drink Guidelines

- Water bottles should contain **only water**.
- Pupils with packed lunches may bring juice in their lunch boxes.

Fruit Trolley Update

I'm delighted to report that our free fruit trolley has been a tremendous success! Our pupils are thoroughly enjoying the variety of fruits we're offering. At the moment, the most popular choices are:

- Plums
- Red apples
- Satsumas

These options not only provide nutritious snacks but also encourage healthy eating habits among our pupils.

If you have any questions about our snack policy, please don't hesitate to contact the school office.

Warm regards

Sarah Bitcon

Head Teacher