

Haydon Abbey School and Pre-School

Weedon Road, Aylesbury, HP19 9NS

Telephone: 01296 482 278

Email: office@haydonabbey.bucks.sch.uk

Website: www.haydonabbeyschoolandpreschool.co.uk

Headteacher: Miss Ashleigh Ferdinand



Friday 4th September 2026

Dear Parents and Carers,

Healthy Eating - Snacks and Birthday Treats

As we begin the new school year, we are writing to share an important update regarding snacks, drinks, and treats brought into school.

To support the health, safety, and well-being of all our pupils, we kindly ask that **no sweets, chocolates, or biscuits** are sent into school to be shared with classmates for birthdays or special occasions.

Additionally, as part of our commitment to promoting active, healthy lifestyles, we strongly encourage parents and carers **not to bring sweets or chocolates when collecting pupils at the end of the school day.**

Water Bottles & Daily Snacks

To ensure pupils stay hydrated, energised, and focused throughout the day, please note our daily routines:

- Water Bottles: Every pupil should bring a clearly named water bottle containing plain water to school each day. Pupils will have access to water throughout the day, and bottles can be refilled at school whenever needed.
- EYFS and Key Stage 1: Pupils will continue to be provided with a daily piece of fruit or vegetable free of charge as part of the Government's School Fruit and Vegetable Scheme.
- Key Stage 2: Pupils are welcome to bring their own healthy breaktime snack from home, such as fresh fruit, dried fruit, or raw vegetable sticks.

Why We Are Making This Request

- Allergy Safety & Inclusion: We have pupils with severe, potentially life-threatening food allergies and complex dietary needs. Restricting shared treats and unmonitored snacks ensures our classrooms and playgrounds remain safe and inclusive for every child.
- Healthy Habits & Active Lifestyles: Water is the best drink for concentration and hydration. Avoiding high-sugar snacks during breaktimes and at the school gates helps pupils maintain steady energy levels throughout the day.
- Dental Hygiene: Promoting water over juice or squashes and reducing sugary treats throughout the school day—including right after the home-time bell—is a vital step in protecting our pupils' oral health.



Celebrating Birthdays

To avoid any disappointment at the classroom door, please keep all food treats at home. Any sweets, biscuits, or chocolates sent in to share will be returned home with your child at the end of the day.

We still love celebrating birthdays with our pupils! If you would like your child to mark their special day with their class, non-food alternatives are warmly welcomed, such as:

- Donating a favourite storybook to the class library with a birthday message written inside
- Small stationery items (such as fun pencils, stickers, or bookmarks)
- A piece of wet-play or playground equipment for the whole class to enjoy

We know pupils are often hungry after a busy day of learning! If you bring a pick-up snack to the gates, we encourage healthy options like fruit or oatcakes to keep energy levels up until dinner.

Thank you for your understanding, support, and partnership as we work together to keep our school community safe, healthy, and hydrated.

Warm regards

Miss Ferdinand
Headteacher