

# Loreto Convent School Gibraltar



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Wednesday 7<sup>th</sup> September 2022

Dear Parents,

This is to remind you that as part of our [policy of encouraging healthy eating](#), snacks eaten during the school day should make a positive contribution to the children's diet and health. Fridays at school are always 'Fruity Friday', and we ask the children to bring in something healthy to eat at break-time.

We ask you please to support this, and on Fridays at least, to provide the children with healthy snacks. Some healthy snack ideas include (but are not limited to):

Fresh/dried fruits

Fresh vegetables

Crackers with cheese, hummus or guacamole

Raisins

Greek yogurt

Sandwiches

Cereal bars

Fruit/milk drink

We adhere to a no **nut policy** in school.

If you are sending fresh fruit, please make sure that it is peeled and/or cut up so it easy to eat.

**PLEASE DO NOT ALLOW YOUR CHILD TO EAT AS THEY LEAVE SCHOOL**, we have spent ages working with the authorities to eliminate the 'Ape problem' and do not want to give them any encouragement to return. Likewise, children are asked **not** to eat on the bus.

Thank you for your cooperation in keeping our children healthy and fuelled for school!

Kind regards,

Joanne Lombard  
Deputy Headteacher