



Subject: Free Choice Friday

Dear Parents and Carers,

I am writing to provide a gentle reminder and clarification regarding Free Choice Friday snacks.

Free Choice Friday is intended to give children some independence and enjoyment in choosing a snack. However, recently we have noticed that snacks brought into school have become increasingly large, sugary, and in some cases unsuitable for the school day, including large bags of sweets, chocolate bars, and crisps.

In addition, we currently have a child in school with a severe dairy allergy, including contact (touch) sensitivity. As you will appreciate, this means we must take extra care to reduce risks during snack times, particularly in early years and shared spaces.

From now on, Free Choice Friday snacks should be:

- Healthy
- Nut-free and dairy-free
- Appropriate in portion size
- Able to be eaten easily and safely at school

Examples of suitable snacks include:

- Fruit or vegetables
- Dairy-free snack bars
- Rice cakes, breadsticks, crackers
- Other small, healthy, non-dairy snacks

Please avoid:

- Sweets, chocolate, and large sugary snacks
- Crisps such as Pringles or large bags of crisps
- Any snacks containing dairy or nuts



This approach helps us to:

- Promote healthy eating habits
- Keep snack times calm and manageable
- Ensure our school remains a safe and inclusive environment for all children

If a snack brought in does not meet these guidelines, we may ask the child to save it for home time.

We really appreciate your support with this. Small changes like this make a big difference to children's wellbeing and safety, and help 'Free Choice Friday' remain a positive experience for everyone.

Thank you for your understanding and continued support.

Yours sincerely,

Anthony Bandy-Webb
Headteacher
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