



Alderman Jacobs School
Energy for learning, life and the environment

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Tuesday 7th October 2025

Dear Parent/carers,

Healthy Snacks and Lunchbox Guidance

At Alderman Jacobs School, we are committed to supporting children's health and wellbeing. One way we do this is by encouraging healthy choices at snack times and lunchtimes. We would like to see more children bringing in snacks and lunchboxes that provide the right balance of energy and nutrition to help them thrive during the school day. More information regarding this can be found on our school website, under the school lunches tab.

As a safety reminder, please ensure that grapes (and other similar small fruits such as cherry tomatoes) are always cut lengthways, or ideally into quarters before being sent into school, as whole grapes are a serious choking hazard for young children.

Additionally, we are a nut free school, so products with nuts in are not permitted due to allergies.

Thank you for your support in helping us promote healthy eating habits and keeping all children safe at school.

Kind regards

Donna Agger

EY Lead



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