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Thursday 1<sup>st</sup> October

Dear parents,

As I am sure you are aware, we have made lots of changes in school as a result of the Covid-19 pandemic. As part of these changes, Year 3 have an earlier lunch than in previous years. This makes the afternoon quite long for the children.

We have noticed that many of the children are finding it harder to concentrate in the latter part of the afternoon which could be because they are hungry. In order to help them focus, from Monday 6<sup>th</sup> October, children in Year 3 will be allowed to bring a snack to be eaten during the afternoon. As with morning snacks, these will need to be fruit or vegetables.

When preparing snacks for the children, please bear in mind that these will be eaten in class while the children are working and so need to be easy to eat and not messy. For example, suitable snacks would be raisins, grapes, carrot or cucumber sticks as these can easily be eaten while working. Please avoid snacks which are likely to drip juice etc.

Snacks can either be kept in their school bag or stored in their trays. If they bring sandwiches for lunch, they can also be stored in their lunchbox.

If you feel your child would benefit from having an afternoon snack, please ensure that they know that you have packed one for them.

Many thanks

Miss N Parker

LKS2 Phase Leader