YSGOL GYNRADD
A MEITHRIN
PONTNEWYDD

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Dear Parents/Carers,

Pontnewydd Primary School is a healthy school and in order to maintain this status it is important that we encourage our children to eat a healthy diet.

The Welsh Government has reported that children aged between 4 to 10 years are consuming more than double the recommended amount of sugar and this is mainly in the consumption of snacks.

As a **whole school**, we have decided, snacks that are eaten during play times by pupils and staff, will be healthy. Fruit, vegetables, cheese and lean meat (e.g. chicken – not 'Peperami's); can be eaten during play times to reduce the amount of sugar and salt consumed in school.

The maximum daily allowance of added sugar is:

4-6 year olds is 19g 7-10 year olds is 24g 11+ year olds is 30g

Below are some examples of acceptable snacks to be eaten during play times.

Acceptable snacks	Sugar content	Non acceptable snacks	Sugar content
Fresh fruit	No added sugar	Coco Pops Bar	8.4g
Raw vegetables	No added sugar	Rice Krispies Bar	7.2g
Cheese	No added sugar	Fruit winders	6.3g
		YoYo Bears	4.9g
		Yogurt covered fruit	16.2g

Thank you for your continued support.

E-boss: head.pontnewyddprimary@torfaen.gov.uk
Gwefan: www.pontnewyddprimaryschool.sch.uk

Schools Curriculum Award

BEYOND THE BASICS YOUNG CARERS IN SCHOOLS PROGRAMME