

30th September 2025

Dear Parents and Carers,

At Piper's Vale Primary Academy, we are committed to supporting the health and wellbeing of all our pupils. Part of this commitment is encouraging healthy eating habits that will benefit children both inside and outside of school. On Wednesday 24th September we celebrated National Fitness Day with our 'Fitness Frenzy Day' to kick start our healthy new year.

We kindly ask for your support in providing healthy snacks for your child to bring into school. Nutritious choices such as fruit, vegetable sticks, rice cakes, or low-sugar yoghurt not only give children the energy they need to learn and play, but also help them to develop lifelong healthy habits.

Please avoid snacks that are high in sugar, salt, or fat (such as sweets, crisps, and chocolate bars), as these can affect concentration and energy levels.

Together, we can ensure that every child has the best opportunity to thrive in a positive, healthy environment. Thank you for working with us to make this a success.

If you would like further guidance or ideas for healthy snacks, please don't hesitate to get in touch with us or please visit [Eat Well Feel Well Suffolk](#)

Yours sincerely,

Ben Newson
PE Teacher