



9th March 2026

Dear Parents and Carers,

At Park Grove Primary Academy, we see first hand how much a nutritious diet impacts a child's ability to learn, play, and thrive. When children are fueled with the right nutrients, they have more sustained energy, better concentration, and are generally happier throughout the school day.

To help our pupils reach their full potential, we would like to share a few reminders regarding our school's healthy eating guidelines.

Snacks

We encourage children to bring in a healthy snack for their break. Fresh fruit and vegetables are always the best choice. These provide a natural energy boost without the "sugar crash" that often follows processed snacks. Children should not bring high sugar foods in for this snack.

Balanced Lunchboxes

If your child brings a packed lunch, we ask that you aim for a balanced selection. A great lunchbox typically includes:

- **A starchy food:** Such as bread, pasta, rice, or potatoes.
- **Protein:** Such as beans, pulses, fish, eggs, or meat.
- **Dairy:** A small yogurt or piece of cheese.
- **Vegetables/Salad:** To help hit that "five-a-day" goal.

A friendly reminder: Please avoid sending in sweets, fizzy drinks, or high-fat/high-sugar items. We also ask that you remain mindful of our **nut-free policy** to ensure the safety of all our pupils with allergies.

Water Bottles

Staying hydrated is essential for brain function. We require that children bring in only plain water in their reusable school water bottles.

While fruit juices and squashes might seem like a treat, they often contain high levels of sugar and acid which can be harmful to dental health and lead to energy spikes. Water is the best way to keep our pupils hydrated and focused without the unnecessary additives.

Unfortunately if a child brings anything but water in their bottles the children will not be permitted to drink this.

Establishing these habits now sets your child up for a lifetime of healthy choices. We see a significant difference in classroom engagement when children are fueled by water and wholesome foods rather than sugary alternatives.

We appreciate your continued support in making Park Grove Primary Academy a healthy and vibrant place to learn. If you have any questions please don't hesitate to reach out to the school office.

Best wishes,

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