



# Dashwood Banbury Academy

an Aspirations Academy

Growing together; succeeding together

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## Very important - information regarding **No Nuts** in school

Dear Parents/Carers

It has been noted that there are some children that are having chocolate spread in their sandwiches. Please can we remind ALL parents that **we are a nut-free school** and these spreads often contain hazelnuts. Children who suffer from nut allergies can develop a severe, potentially life-threatening allergic reaction. Chocolate spread is also high in sugar and not a tooth-friendly sandwich filling.

If someone has a nut allergy it is not just eating nuts that can cause a severe reaction, just being touched on the skin or smelling the breath of someone who has had nuts or a product containing nuts can trigger anaphylactic shock (which can cause breathing and swallowing difficulties).

We therefore request that you do not provide any nut products in your child's lunch box or as a break-time snack. This includes, but is not limited to:

- Peanut butter
- Chocolate spreads
- Some cereal bars
- Some granola bars
- Cakes that contain nuts
- Biscuits / Cookies that contain nuts
- Products containing satay
- Sauces that contain nuts

## Break-time Snacks

Please ensure that your child brings a healthy snack separately to their packed-lunch box each day. They will not have access to their lunch-box at break-time so the snack needs to be packed separately. If your child brings an unhealthy snack for break time, they will be asked to put it away to have with their lunch or they can save it for home time.

At Dashwood Banbury Academy, we are committed to supporting our pupils to make healthier choices to ensure they form the best habits now, for a healthier future. We know that it can be difficult to know what to do when it comes to snacks, so we have sought NHS advice to help you make and buy healthier options. Fruit and veg snacks are always the best choice, but if children are having packaged snacks, remember to only aim for one small one once a day that is under 100 calories. Find out more at:

<https://www.nhs.uk/healthier-families/food-facts/healthier-snacks/>



No crisps or chocolate bars of any kind at break times please (this include chocolate covered cereal bars or chocolate crispy type bars). Our reasoning for this is that these kind of snacks are often very high in sugar and do not give the sustained energy needed for learning or being active. They are also a major cause of tooth decay in children. For more information see:

[https://www.betterliveshealthyfuturesbw.nhs.uk/learning\\_resource/reducing-tooth-decay/](https://www.betterliveshealthyfuturesbw.nhs.uk/learning_resource/reducing-tooth-decay/)



Talk for Writing



 <b>Please support your child's health by only giving them one of these snacks to eat at break time</b>	 <b>If your child brings these in as snack, they will be asked to put it away and either eat it with their main lunch or bring it home with them.</b>
<ul style="list-style-type: none"> <li>• Lower sugar fromage frais or yoghurt</li> <li>• Plain rice cakes or crackers with lower-fat cheese</li> <li>• Sugar-free jelly</li> <li>• Fruit: an apple, pot of berries, satsuma segments, banana</li> <li>• Vegetable sticks; carrots, cucumber, celery, tomatoes</li> <li>• Low-sugar cereal bars (check the sugar content as these can often be high) – not chocolate coated</li> <li>• Under 100 calories – healthier choice snacks – rice cake snacks, malt loaf or small portion of dried fruit</li> <li>• Under 100 calorie popcorn</li> <li>• Under 100 calorie rice cake snacks (these are often-baked not fried)</li> </ul>	<ul style="list-style-type: none"> <li>• Croissant – plain or chocolate/syrup filled – the sugar content in these are very high</li> <li>• Pancakes/Chocolate filled pancakes</li> <li>• Cereal bars or chocolate- covered cereal bars the sugar content in these are very high</li> <li>• Crisps of any kind</li> <li>• Chocolate bar of any kind</li> <li>• Cookies, biscuits or cake of any kind</li> </ul>

For more information and ideas for healthy snacks and lunchbox items, please visit:

<https://dashwood.academies.aspirationsacademies.org/wp-content/uploads/sites/8/2024/03/Healthy-lunch-box-information-2024.pdf>

From our Dashwood Action Committee parent group and parent survey (sent out October 2023) our tuck-shop stocks under 100 calorie snacks such as rice popcrisps, popcorn and dried fruit snacks as well as sugar-free flavoured water. The tuck-shop is available on Monday, Wednesday and Friday break-times and items are priced 50p each. Pupils are allowed to buy one snack and one drink only.

We thank you for your support in this matter to ensure that our children have as healthy a start to life as possible.

Yours sincerely



Annelise Gooch

Vice Principal

