



Riverside Primary School

Ferry Road, Hullbridge, Hockley, Essex, SS5 6ND

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Tuesday 22nd September 2026

Dear Parents and Carers,

EYFS to Year 6 - Snack and Lunch Guidance

As you may be aware, schools are now required to follow updated allergy guidance introduced under Benedict's Law. The guidance strengthens the measures schools must take to support pupils with allergies and reduce the risk of serious allergic reactions. To support the safety of all pupils, we would like to remind families about our expectations for tuck and lunch items.

Health Mid-Morning Snack

In KS1, the government provides the school with a fruit or vegetable mid-morning snack. In KS2 children can bring in a snack from home if they wish.

If you are intending to send in healthy snacks with your child, please limit them to the list below:

- fresh or dried fruit or vegetables
- plain rice cakes
- bread sticks/pitta bread/oat cakes/crackers
- plain popcorn (not flavoured or salted)
- hummus
- cheese
- yoghurt

Please note that cereal/cake bars of any kind, including Nature Valley and Soreen bars, are not permitted. Any rice cakes or popcorn must be plain. Children must not bring chocolate, sweets, cakes, pastries or crisps as their snack. **All snacks sent to school must be nut free.**

Birthday Treats

We recognise that it is a lovely tradition that many children choose to bring sweets to school on their birthday to share with their classmates, and we do not wish to take away this treat. A 'treat' on occasion is not a concern and can help children to learn about moderating their intake of foods that are high in sugars. We would, however, like to request that these are in individually sealed packages that have ingredients clearly labelled – for example, a small treat bag of Haribo. Children must hand these

to their class teacher at the start of the day so that they can be checked for any allergens. **Any birthday treats sent to school must be nut free.**

Packed Lunches

Children should have a 'balanced' meal, which is a suitable size for the age of the child. A soft drink or water, a sandwich/wrap/crackers, a piece of fruit and another item such as a yoghurt/cheese/crisps/biscuit will be ample for most children. Children must not have chocolate bars, fizzy drinks/energy drinks or bags of sweets in their lunch boxes. All packed lunch items must be nut free.

Some more meal based packed lunches are also popular. However, please be mindful that some foods may contain nuts, even if this is not immediately obvious. Examples include pesto pasta and satay chicken. **As these dishes contain nuts, we ask that they are not sent into school.**

Water Bottles

Children may bring a water bottle to school. This must only contain water – no juice, squash or fizzy drinks please.

We appreciate your cooperation in helping us create a safe and inclusive environment for all children.

Yours sincerely

Mrs Claire Smith
Headteacher

