

AHI PRIMARY SCHOOL **AFTERNOON SNACK GUIDELINE**

Thank you for partnering with the school in ensuring the well-being of our students through our implementation of the snack breaks. Through our observations and reviews of the snack breaks, we want to provide a guideline for our students to give parents a better understanding and picture of what to expect and also to help our students to eat healthily, within the stipulated time.

Students will be given about 10 minutes between 2.50 pm – 3.00pm or depending on the lessons the students have. Enclosed is the guideline for the items to bring for the snack breaks:

Strongly Encouraged



Small bun



A Sandwich



Cut fruits



Small packet of cereal



A packet of biscuits

Students are strongly encouraged to eat a small bun, a sandwich, cut fruits (*with personal toothpicks or a fork*), a small packet of cereal or biscuits. Parents are encouraged to always buy healthy snack too. In addition, ensure that pupils bring along a **recyclable container** for their snacks so that they also learn to eat and keep the classroom clean and pest-free.

ANNE HILL INTERNATIONAL SCHOOL

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Not Allowed



Full meals



Packet sweet drinks



Tidbits, chocolates and sweets



Processed food

The items above are some of the food choices which we do not allow students to consume during the snack breaks. Students are not allowed to eat a full meal or any amount more than what is mentioned earlier on as this snack break is purely for ensuring pupils get an extra boost of food to last them till end of day. **This is not a replacement for the lunch break.** Nuts, sweet drinks, tidbits, chocolates, sweets and processed food are also not allowed.

Please help to ensure that the food brought or bought by your child is healthy and there is sufficient time for him/her to consume it.

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