Kings Furlong Junior School
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Belong Believe Aspire Achieve

Friday 6th November 2026

Dear Parents and Carers,

Afternoon Snack and Movement Break

At Kings Furlong Junior School, we are always looking for ways to support our children's wellbeing, concentration and readiness to learn.

Research and experience suggest that short movement breaks, combined with a healthy snack, can help pupils regulate their energy levels, improve concentration and maintain engagement in learning during the afternoon. Following discussions with staff and observations of children's learning throughout the day, we will be trialling a short afternoon movement and snack break. This will provide children with a brief opportunity to have a healthy snack, rehydrate, move, and prepare themselves for the remainder of the school day.

As part of this trial, from next week, children may bring an **additional healthy snack** from home to eat during the afternoon break. Examples include:

- Fresh fruit
- Vegetables (e.g. carrot or cucumber sticks)
- Cheese
- Plain crackers
- Dried fruit

Please do not send sweets, chocolate, crisps, cakes or other high-sugar snacks.

This is entirely optional. Children who do not bring an afternoon snack will still take part in the movement break and will not be disadvantaged in any way.

As always, please be mindful that we are a nut-free school and avoid sending any items containing nuts.
We hope that this small change will further support pupils' wellbeing and help them remain focused and ready to learn throughout the afternoon. We will review the impact of the trial over the coming weeks.

Thank you for your continued support.

Yours sincerely,

Miss Westaway
Head teacher

Headteacher: Miss A Westaway
Deputy Head: Miss S Dunn