



ST JOSEPH'S INSTITUTION JUNIOR

A Lasallian School of the *De La Salle* Brothers

REF: SJIJ/2018/01/443

3 January 2018

Dear Primary 1 Parents/Guardians,

IMPLEMENTATION OF MIDDAY SNACK BREAK

As part of our efforts to enhance pupil health and well-being and to ensure that the pupils will have a consistent level of energy throughout the day and hence benefit in terms of their cognitive, physical and socio-emotional development, the school has included a midday snack break for all Primary 1 pupils which will begin on Monday, 8 January 2018.

The midday snack break will take place in the classroom for 5 minutes between 12.00pm to 1.00pm. If the period from 12.00pm to 1.00pm is conducted outside the classroom (e.g. PE lesson), the snack break may be rescheduled to an earlier period.

Parents may wish to prepare a snack (dry, finger food) for your child every school day. The snack should be a healthier food option and should be easy for your child to manage. During the snack break, pupils are not allowed to go to the canteen to purchase food. Sharing and exchange of food is discouraged as the boys may not be aware of the dietary requirements of their classmates (for example, nut allergy or lactose intolerance). You are advised to provide your child with a pack of wet wipes/tissue to clean up after the snack break.

The following table indicates items that are acceptable and those that are not acceptable for the snack break.

Acceptable Items for Snack Break	Unacceptable Items for Snack Break
<ol style="list-style-type: none">1. Biscuits2. Bread / Bun (e.g. red bean bun)3. Simple sandwiches with bread spread4. Cereal (small box)5. Dried Fruits (e.g. raisins, peaches, berries)6. Energy Bar (e.g. muesli bar)7. Slice of Cake (without cream)8. Fruits (e.g. apples, banana, cherries)9. Nuts (e.g. almonds, sunflower seeds)10. Cheese Slice/Stick11. Carrot/Cucumber Stick	<ol style="list-style-type: none">1. Fried Food (e.g. chicken nuggets, fries)2. *Cooked food (e.g. rice, porridge, noodles, pasta, pizza slices, roti prata, sandwiches with fillings like ham, tuna or egg)3. Sweets (e.g. lollipops)4. Chocolates5. Tidbits (e.g. potato chips)6. Jellies7. Sweetened drinks (e.g. ribena, peach tea, milo) <p>*We do not allow cooked food as they will be prepared early in the morning (e.g. 6am) and will have exceeded NEA's guideline where food should not be kept at room temperature for more than 4 hours from the time it is cooked to the time it is consumed.</p>

Should you need any further clarification, kindly email or contact your son's form teacher.

Ora et Labora,

Mr Timothy Goh
Principal