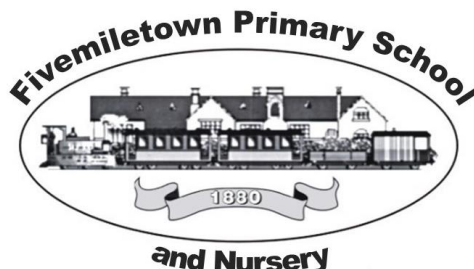


PRINCIPAL
Mrs F Pryce

Tel: 028 89521456
Fax: 028 89521594

fpryce605@c2kni.net



166, Ballagh Road,
Fivemiletown,
Co. Tyrone,
BT75 0QP

www.fivemiletownps.co.uk

10th September 2025

Dear Parents/Carers

Throughout September 2025, we will be taking part in Snack-tember, an initiative from the British Nutrition Foundation, which promotes healthier, more sustainable snacking for children and young people aged 5-16 years.

During Snack-tember, we will be encouraging pupils to:

- EXPLORE better snacking
- TRY new snacks
- MAKE their own healthy snacks

We want our young people to choose and make snacks that have:

- MORE vegetables and fruit
- MORE wholegrains, beans and pulses
- LESS saturated fat, salt and sugars

We will be encouraging pupils to make healthier snack choices. ***For school snack time, snacks should remain as fruit and vegetable only. Other healthy snack ideas can be explored for home!***

We hope our parents/carers will get involved too!

Take a look at the Parent/carer snacking guide attached for more information about healthier snacking for your child:

You can find out more about Snack-tember here:
<https://www.nutrition.org.uk/snack-tember-2025/>

Kind regards

Mrs H Graydon
Vice Principal