

September 2018

Dear Parent/Carer,

You may have heard about the Government's School Fruit and Vegetable Scheme. Under the scheme, each child aged four to six in LA maintained schools is entitled to receive a free piece of fruit or vegetable each school day. The initiative behind the scheme is to encourage children to eat more fruit and vegetables and help towards their 5 a day, with the focus being on reducing obesity and reducing the risk of heart disease, stroke and some cancers. It is hoped that by educating the children of the benefits of healthy eating, they will continue to eat healthily in the future.

I am delighted that our school has been given the opportunity to participate in this exciting scheme, which reinforces our commitment to healthy eating. Your child will be offered a free piece of fruit or vegetable each day. The scheme does not disrupt the normal school day in any way.

The fruit and vegetables are fresh and of good quality. The aim is for the children to have a positive and enjoyable experience of fruit and vegetables.

The scheme is voluntary, and although there is no obligation for your child to take part, I hope you will share my belief that it has many benefits. It is a great way to help us teach our children the benefits of healthy eating. If you do not wish your child to participate in the scheme, please let the class teacher know as soon as possible. **It is essential that you inform us of any allergies your child may have so that we can ensure they are not given anything that might harm them.**

If you have any questions, please do not hesitate to contact me.

Kind regards,

Mrs. Pauline Quick
Head Teacher