



Dear Parents,

The Government's School Fruit & Vegetable Scheme provides each child aged four to six a free piece of fruit or vegetable each school day. The initiative behind the scheme is to encourage children to eat more fruit/vegetables and help towards their 5 a day, with the focus being on reducing obesity, heart disease, stroke and some cancers as well as the amount of sugar in children's' diets. It is hoped that by educating the children of the benefits of healthy eating, they will continue to eat healthily in the future.

Our school continues to participate in this scheme, which reinforces our commitment to healthy eating. Your child will be offered a free piece of fruit or vegetable each day. The fruit and vegetables will be 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.

Please can you ensure that you inform school 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 further questions, please do not hesitate in contacting school.

Yours sincerely,

Jo Dentith
HEADTEACHER