

LLWYDCOED PRIMARY SCHOOL

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"Growing, Striving, Achieving and Believing!"

Dear Parents/ Carers,

The Healthy Schools Gang want to send out a reminder about what you can bring to school each day. Everyone can bring a healthy snack of fruit or vegetables from home to enjoy at morning play time or you can pay for a healthy snack from our fruit tuck shop. You can also bring a water bottle, that contains water, from home to keep you hydrated through the day and this can be refilled in class.

We have been learning lots this term about nutrition and a balanced diet in all classes. This is to help pupils make healthy choices for a balanced diet when enjoying their school dinner or packed lunch. Using this knowledge, we would like them to help you at home when packing their lunch for the next day and help our dinner staff in school. We would also like to remind you that we are a nut free school and there should be no nut products brought into school at any time.

Children have also been busy making their birthday crowns in class on their special day as the schools chosen alternative to bringing in birthday cake. We wanted to let you know we are really enjoying celebrating in this way and look forward to lots more fantastic crowns being created.

Yours sincerely,

The Healthy Schools Gang