



Bringing Learning to Life

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Dear Parents/ Carers,

In a bid to encourage children to make healthy eating choices we are going to begin a new school initiative.

We would like to start a 'Treat Swap'. This would involve those children bringing a packed lunch being offered the opportunity to swap an item from their lunchbox considered a treat or 'not so healthy' snack, with two healthy snacks (fruit and vegetables).

Children would be given their snack swap back at the end of the day to enjoy in their free time out of school hours.

Having completed a sample poll, the children are keen to start this initiative as they know it will enable them to fit in their '5 a day' without losing their sweet/savoury snack treat.

Kind Regards

K. Jones
Deputy Head Teacher