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Headteacher: Mrs J. Monaghan

Dear Parent/Carer,

## SCHOOL FRUIT & VEGETABLE SCHEME

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 will be entitled to receive a free piece of fruit or vegetable each school day. Scientists agree that everybody, including children, can reduce their risk of serious illness by eating at least five portions of fruit and vegetables every day. On average, children in the UK eat only two portions a day.

We have been participating in the scheme since it started in November 2005 and have found that the children really enjoy the social side of sharing fruit together. This reinforces our commitment to healthy eating.

The fruit and vegetables are fresh and of good quality. If you do not wish your child to participate in the Scheme, you must let me know as soon as possible. It is essential that you inform us of any allergies your child may have, relating to fruit and vegetables, so that we can ensure that they are not given anything that may harm them.

With best wishes

Juliet Monaghan  
Headteacher