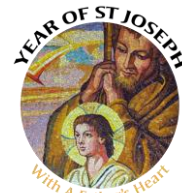




St Joseph's Catholic Primary School
Diocese of Clifton

Inspiring everyone to **REACH** through
Faith, Hope, Love



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Acting Headteacher: Mrs Clare Howells

23rd June 2021

Dear parents/carers

You should have received a letter last week outlining our annual health week taking place between **Monday 28th June and Friday 2nd July 2021**. Mrs Hill and I are looking forward to introducing the children to their first health week, sports day and having all of the volunteers in school providing your child with a range of new experiences.

As mentioned in the letter, **Wednesday 30th June** is healthy eating and the whole school picnic. For this day, we would like the children to make their own healthy lunch to take to the school picnic. The children are going to make a healthy wrap and sides to go with their wrap, this will include cucumber, carrot and pepper sticks, fruit and a few crisps. For this, we would like you to make a donation of **£1 or £2** to cover the cost of getting the food. Please can you send this money into school by **Monday 28th June** to allow us time to go shopping before Wednesday.

The aim of this morning is to teach the children about making healthy choices with regards to food as they will be choosing what they would like to go into their wraps and to introduce them to using sharp tools, under supervision, as they will be cutting up the fruits, and vegetables.

I will be buying plain white wraps and a selection of vegetable, ham or chicken and cheese to go inside the wraps. I know there are a few children in the class who are dairy free so they will not be offered the cheese. Please speak to myself or Mrs Hill if there are any other allergies we should be aware of. You do not need to inform us of dislikes as there will be plenty for the children to choose from to make their own healthy choice.

Thank you for your continued support throughout the year and for helping to make this an enjoyable week for your children.

Miss McCarthy & Mrs Hill
Reception Class Teacher & Reception Teaching Assistant

G:\Winword\PARENTS\Sept 2020\Rec healthy lunch

