



2 September 2020

Dear Parents/Carers

We hope you have had a lovely summer and have managed to enjoy some of the good weather.

If you need a reminder about arrangements for September, the link to the letter sent out in July can be found [here](#).

All letters sent out can be found on the website under the tab '[News and Letters](#).'

We are pleased to announce that St Peter's has signed up to receive free healthy breakfast food, for each child, as part of the Covid response offer, under the National School Breakfast Programme (NSBP), which is being delivered by the charities Family Action and Magic Breakfast. As part of this government funded programme, schools can choose to offer all children a healthy breakfast at school or at home.

We will be sending every child home with fortnightly packages of food that they could have for breakfast each day before they start school (bagels & cereal). The cereals will be low in sugar and the bagels will be plain bagels with a shelf life of more than 2 weeks. These are best served warm with a thin layer of low fat or low sugar spread and make a delicious and filling breakfast. It will not be possible to request specific cereals for your child. Allergen information is attached to the covering email and can also be found on our website under '[News and Letters](#).'

Staff will be talking about the importance of eating breakfast with the children as part of a healthier lifestyle. The benefits of a healthy breakfast include children being settled and ready to learn at the start of the day. Hungry children often find it difficult to concentrate, so please make time to give your child a healthy breakfast before they come to school. There is a lot of research that suggests that children's behaviour deteriorates when they have empty stomachs, so, please, join us in ensuring that no child arrives at school without having eaten a healthy breakfast.

Currently, this programme is only funded until Easter, however we will update you if this changes.

Just a reminder about break time snacks. Please ensure that these snacks are fresh fruit/vegetables only and not cereal/fruit bars which are high in refined sugar and are now classified as confectionery.

Looking forward to welcoming you all back,

Kind regards,

Caroline Barriball and Samantha Sandle
Co-headteachers