



19 October 2018

Dear Parents/Carers,

After half term, we would like to introduce bread, butter and jam into our morning routine. Children need carbohydrates throughout the day to stay alert and active. The brain uses the primary sugars processed from carbohydrates (glucose) as its main source of energy.

As well as the scientific benefits, it will have a great impact on other areas of the curriculum. For example, as part of their physical development, children need to learn to spread with a knife and use equipment safely. They will be sitting down in groups to make their sandwich, this in turn will help develop their social skills and language acquisition.

In order for this to be a success, we will be asking for a weekly donation, of 20p, to help fund it. Please place your donation in the basket on the snack table. If you are unable to donate every week please donate whenever you're able to. No child will be excluded from having the snack.

The children will continue to receive their free piece of fruit and, from half term will also be offered a carton of milk on a daily basis.

If your child has any allergies that we are not aware of, please make sure you tell me as soon as possible.

Any questions, please don't hesitate to come and ask.

Thank you for your continued support,

Mrs. Twelves
Class Teacher

Our Lady of the Angels Catholic Primary School, Queensway, Torquay TQ2 6DB
Tel: 01803 613095 Email: admin@queenswayprimary.co.uk
Website: www.ourladyoftheangels.eschools.co.uk

Our Lady of the Angels Catholic Primary School is committed to safeguarding children.