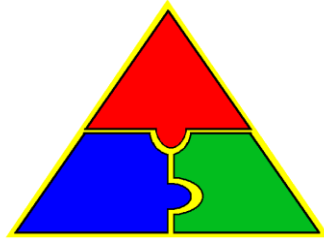


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Challenge, Inspire and Achieve together

<http://www.maesymynydd.cymru>

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22nd October 2021

Dear Parents/Carers,

Hope you are all well. Since the return in September we have seen a decline in healthy choices of snacks and drinks. Next half term we are wanting to promote eating fruit and vegetables for snack-times.

All children will be offered the free milk (foundation phase only) or water during snack-time. Children will be encouraged to bring in fruit or vegetable snacks from home. We will also be continuing to sell fruit in our shop if you feel this would be more convenient.

Children are still able to bring in their own bottles of water and consume these during lessons. They will also have access to drinking water throughout the day.

We hope to that you will all support us in helping the children to make healthy choices following the half term by encouraging the children to eat their 5 a day!

Hope you all have a very healthy half-term!

Kind regards,

Health and Wellbeing team.