

Friday 13th June 2025

Dear Parents/Carers,

As part of our ongoing commitment to the health and well-being of our students, we would like to highlight the importance of a healthy breakfast for your child each morning.

Breakfast is often called the most important meal of the day—and for good reason. A nutritious breakfast helps children:

- Improve concentration and focus in class
- Maintain energy levels throughout the morning
- Perform better academically
- Develop healthy eating habits for life

When children start the day hungry, they may feel tired, irritable, and struggle to pay attention, making it harder for them to engage fully in learning.

We have recently worked together with our school councillors, to discuss the importance of breakfast and how it supports learning and well-being. The children shared insightful ideas and experiences that reinforced just how much they value starting the day with a healthy meal.

We also want to remind you that our school runs a **breakfast club every morning from 8:00 AM**, offering a calm and welcoming start to the day along with a nutritious meal. If you wish your child to attend, please collect a form from the office.


We understand that mornings can be busy, but breakfast doesn't have to be time-consuming. Here are a few quick and healthy options you might consider:

- Whole-grain cereal with milk and fruit
- Porridge topped with bananas or berries
- Whole wheat toast with peanut butter
- Yoghurt with muesli and sliced fruit
- Scrambled eggs with wholegrain toast

If your child has specific dietary needs, there are many alternatives available to ensure they start their day nourished and ready to learn.

We appreciate your support in helping create a healthy and productive environment for your children.

Yours Sincerely,



Mrs Powrie