



The Bliss Charity School
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8th November 2017

Dear parents,

We would like to invite you and your child to have a free healthy breakfast prepared by Class 6 on Thursday 23rd November starting at 8:15am and finishing by 8:45.

Class 6 have undertaken a nutrition project looking at what constitutes a healthy breakfast and why. They were shocked about the huge amounts of sugar in many breakfast options. As a result, many of them have changed their eating habits and they would like to share what they have learnt with the rest of the school. They have put together a nutritional menu after asking children for their preferences.

We would also like to invite one family member to come and share breakfast with each child too, but if timing is an issue, you can drop your child off at the front door at 8:15am and we will make sure they have plenty of company! Please indicate below how many people will be attending so we can cater for everyone.

Many thanks,

Miss Thompson
Deputy Head

Healthy breakfast reply slip

Please tick as applicable:

My child would love to come for breakfast

A family member will also be joining them*

*Due to the breakfast being held in class 6, we ask that only one family member attend.

Child's name: _____ Class: _____

Signed: _____

Printed: _____



Head Teacher: Mr S. Carter
Bursar: Ms L. Adey