



# The Bliss Charity School

Endowed 1674 Northamptonshire

The Green  
Nether Heyford  
Northampton  
NN7 3LE

Tel: 01327 340758  
Fax: 01327 342341

e-mail: [head@blisscharity.northants-ecl.gov.uk](mailto:head@blisscharity.northants-ecl.gov.uk)  
website: [www.bliss.northants.sch.uk](http://www.bliss.northants.sch.uk)  
twitter: [@BlissCharitySch](https://twitter.com/BlissCharitySch)

8<sup>th</sup> November 2017

Dear parents,

We would like to invite you and your child to have a free healthy breakfast prepared by Class 6 on Friday 24<sup>th</sup> 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