






Wednesday 8th November 2023

Dear Parent/Guardian,

Industrial Action Update:

Due to **UNISON Industrial Action** (which will mean a disruption to cleaning and catering services and have an impact on classroom assistant cover) on **Thursday 16th November 2023**, the school will have an early finish at **11.00am** for all pupils.

Break time snacks and lunches:

-  **Break:** Children can have a small bread-based snack and a yoghurt alongside fruit and/or vegetables. The only drinks taken should be either milk or water. Bread based snacks with a sugar free filling e.g. plain bread sticks, bread rolls, sandwiches of ham, tuna, cheese etc. Scones, muffins or pancakes can be used occasionally as they contain some sugar and may cause tooth decay if taken frequently.
-  **Lunch:** In PDMU (Personal Development, Mutual Understanding) lessons we are trying to develop the idea of a balanced diet and healthy lifestyle which will be carried on into adult life.
For this reason, we encourage pupils to include a piece of fruit, sandwiches, and a non-fizzy or sugar free drink in their lunch as well as a treat.
-  **Water:** All children are encouraged to carry a bottle of water in their schoolbags to drink throughout the day. No flavoured water!

NB: We are a nut free school.

CAKES ARE NOT allowed under any circumstances.

Chewits (contain egg) and are also NOT permitted.

Link to Healthy Eating Policy:

https://storage.googleapis.com/siteassetsswd/684/docletter/20220705104703_11_Healthy_Eating_Policy.pdf

Thanks for your continued support.

Mr K McAreevey Mr C Curran
(Principal) (Vice-Principal)