



Dear Families,

You may have heard about the Government's School Fruit and Vegetable Scheme. Under the scheme, each child aged four to six in LA-maintained schools will be entitled to receive a free piece of fruit or vegetable each school day. Scientists agree that everybody, including children, can reduce their risk of heart disease and cancer by eating at least five portions of fruit and vegetables every day.

On average, children in the UK eat only two portions a day. I am delighted that our school has been given the opportunity to participate in this exciting scheme, which reinforces our commitment to healthy eating. Your child will be offered a free piece of fruit or vegetable each morning playtime.

The fruit and vegetables will be fresh and of good quality. The aim is for the children to have a positive and enjoyable experience of fruit and vegetables. The scheme is voluntary, and although there is no obligation for your child to take part, I hope you will share my belief that it has many benefits. It is a great way to help us teach our children the benefits of healthy eating. If you do not wish your child to participate in the scheme, you must let School know. It is essential that you inform us of any allergies your child may have so that we can ensure they are not given anything that might harm them.

Allergies ~ as allergies are not always apparent at an early age and can develop during childhood, Schools have been recommended to write to all parents of children receiving fruit under the scheme every year and remind them of the need to advise school of any allergies they are aware of in their children. We would also recommend that parents of children with known allergies to certain foods discuss with the school any steps they would like taken in the event that their child does suffer a reaction whilst at School e.g. administering antihistamine, emergency contact numbers etc. **Queensgate is a nut-free school.**

Adults involved in supervising food consumption in schools are aware that it may be possible for a child to develop an allergy to something which they have previously consumed with no apparent effects. However, allergic reactions to fruit and vegetables remain relatively rare

Choking ~ Adults involved in supervising food consumption in schools are aware that foods that are hard, round or difficult to chew can sometimes lodge in small airways, causing a child to choke. Small children may eat in a hurry, stuff too much food in their mouths, or chew their food inadequately and should be discouraged from running around whilst eating. Incidences of choking remain very rare.

If you have any questions, please speak to your child's class teacher.

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