

Responsibility**Respect****Compassion****Courage**

1st September 2023

Dear Parents and Carers

You may have heard about the Government's School Fruit and Vegetable Scheme. Under the scheme, each child from Year R to Year 2 is entitled to receive a free piece of fresh fruit or vegetable each school day. The initiative behind the scheme is to encourage children to eat more fruit/vegetables and help towards their 5 a day, with the focus being on reducing obesity and reducing the risk of heart disease, stroke and some cancers. It is hoped that by educating the children to the benefits of healthy eating, they will continue to eat healthily in the future.

Blackwell School participates in this exciting scheme, which reinforces our commitment to healthy eating and your child will be offered a free piece of fruit or vegetable each day. The scheme does not disrupt the normal school day in any way.

The fruit and vegetables will be fresh and 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 our belief that it has many benefits. This is a great way to help us teach our children the benefits of healthy eating. **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.**

If you have any questions, please do not hesitate to contact me, or alternatively email the SFVS Team at sfvs@supplychain.nhs.uk.

Yours sincerely



S Martin (Mrs)
Headteacher