**Belton C of E Primary Scho****ol**

Achieving the Best Together

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School Fruit and Vegetable Scheme

You may have heard about the Government’s School Fruit and Vegetable Scheme. Under the scheme, each child aged four to six in local authority maintained schools is entitled to receive a free piece of 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 of the benefits of healthy eating, they will continue to eat healthily in the future.

Our school participates in this scheme, which reinforces our commitment to healthy eating. Your child will be offered a free piece of fruit or vegetable each day whilst in Reception, Year 1 and Year 2. The fruit and vegetables will be fresh and of good quality.

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 your children’s class teacher 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.**

If you have any questions, please do not hesitate to contact your class teacher.

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**School Fruit and Vegetable Scheme**

I would like my child …………………………………………………………. (child’s name)

to participate in the above scheme, and confirm that to my knowledge he/she does not suffer from any allergies relating to fruit or vegetables.

Signed …………………………………………..… Date …………………………..

**By the person with legal responsibility for the child**