



**SUTTON ST JAMES C.P. SCHOOL**  
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Head Teacher: Miss Claire Willows



8th January 2018,

Dear Parents,



### Farmhouse Breakfast Week - Jan 22<sup>nd</sup> - Jan 26<sup>th</sup>, 8.00-8.45am

During the week commencing 22<sup>nd</sup> January, to mark **Farmhouse Breakfast Week**, parents are invited to join their children at Breakfast Club for a week of "specials!" There will be **NO normal breakfast café** - you must send back the completed slip if you wish your child to have breakfast during Farmhouse Breakfast week (parents do not have to attend with their child).

Breakfast is the most important meal of the day and the Shake Up your Wake Up campaign is all about raising awareness of the health and nutritional benefits of breakfast. I'm sure we all want to give our children the best start to the day to increase their concentration at school and for the longer term health benefits it results in.

The NHS says: "Eating breakfast has long term health benefits. It can reduce obesity, high blood pressure, heart disease and Type 2 diabetes."

If you would like to join your child for Breakfast any day during this week please indicate on the form below and return to school by Wednesday 17<sup>th</sup> January to help us with catering.

Each day will have a theme with breakfasts such as those suggested below. Drinks offered each day will be apple or orange juice, squash or water.

Day	Theme	You will be able to choose from...
Monday	American breakfast	Bagels, waffles and pancakes
Tuesday	'On Toast' breakfast	Toast with a variety of toppings including peanut butter, baked beans, scrambled egg or tomatoes
Wednesday	Oats and Fruit breakfast	Fruit salad, melon, porridge and flapjack
Thursday	Continental breakfast	French Stick, croissants, ham, cheese and yoghurt
Friday	English breakfast	BLT (Bacon, lettuce and tomato) roll or Mushroom(Vegetarian option) roll

The cost each day will be 50p per person.

## Farmhouse Breakfast Week - 22<sup>nd</sup> - 26<sup>th</sup> January

Please indicate which days you will be attending on and the number of people who will require breakfast on each day and return to the office, in a labelled envelope, by **Wednesday 17<sup>th</sup> January** along with any payment required.

	Theme	No. of children	No of adults
Monday	American breakfast		
Tuesday	'On Toast' breakfast		
Wednesday	Oats and Fruit breakfast		
Thursday	Continental breakfast		
Friday	English breakfast		
Please indicate numbers of vegetarian (mushroom) option required.			

Child's Name \_\_\_\_\_

Class \_\_\_\_\_

We look forward to your support and seeing lots of you in school to have a delicious breakfast with your child/ren!

Yours sincerely

Miss C Willows  
Head Teacher