

Name Class

January 2022

Dear Family

Fruity Friday



We all know we should be eating more fruit to keep healthy. I would like to remind you that we encourage all children to bring a piece of fruit daily to eat at break time.

To further promote this, we are launching Fruity Friday where on a Friday the children will count up the total fruit in each class on that day.

Each half term, the class with the highest score will receive a certificate and extra playtime.

Below are some suggested fruit portions with a fresh raw weight equivalent of approximately 80g



1 medium apple



1 handful of grapes



1 medium banana



7 strawberries



3 whole dried apricots

Please encourage your child to join in!

Yours sincerely



Mrs J Adams
Headteacher