



## Prendergast CP School

Stokes Avenue, Haverfordwest,

Pembrokeshire SA61 2RB

Headteacher/Prifathrawes: Ms L John

## Ysgol Gymunedol Prendergast

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Dear Parent/Carer,

### Re: **Healthy School Reminder**

As part of our commitment to being a **Healthy School**, we would like to remind everyone of a few important guidelines that help us keep all children safe and well:

**Allergies:** We have several children with **nut allergies**, some of which are severe. For this reason, **nuts and nut-based products** are strictly not allowed in school.

**Health Snacks only:** Please do not send your child to school with **sweets, chocolate bars, crisps, or similar treats**. We encourage healthy eating habits throughout the school day.

### **Healthy Options Available:**

- **Fresh fruit** is available daily for children in Reception to Year 6 at a cost of **20p per day**.
- **Nursery children** can enjoy fruit for **£1 per week**.
- On **Wednesdays**, children can also enjoy **toast** as a healthy snack option for **20p per slice**.

Thank you for your continued support in helping us promote a healthy, safe, and inclusive environment for all our pupils.

Yours sincerely,

*L John*

Ms L John

Headteacher