



**A special start to the day at Sudley Infants
CLASS BREAKFAST and ASSEMBLY MORNINGS – November 2018**



Each class will have the opportunity over 4 dates to have breakfast in the hall with parents/family members - following breakfast we invite you to stay to watch the children perform their first class assembly.

Together we hope to:

- Create an understanding of the importance of breakfast
- Encourage children and parents to take an active role in school
- Continue to incorporate learning about healthy breakfasts into the curriculum

The Importance of Breakfast

Breakfast makes a major contribution to the nutritional quality of a well-balanced diet. It provides the nutrients that are not always made up for in later meals and snacks. Breakfast should provide about one quarter of daily energy intake. Research has shown that children who skip breakfast perform less well academically, socially and emotionally, whereas eating breakfast improves children’s problem solving abilities, their memory, concentration levels, visual perception and creative thinking. Academic performance can be boosted by a high-energy breakfast. Blood sugar levels drop overnight and can be low on waking. Studies have linked low blood sugar levels to poor memory, concentration and learning. Eating breakfast raises blood sugar levels and helps the body to function more effectively. In short, it’s good for children to eat breakfast everyday - whether it is at home, on the way to school, or at school.

Breakfast will be **paid for** by school for all Reception children. **Parents, carers and pre- school children can order a breakfast and join your child’s class at 8.50am.**

Adults £2.40 Pre- school children £1 Please use the shop section on Eduspot to pay. We are not able to take orders after Wednesday 31 October and a text will be sent on that day as a reminder.

Menu – a choice of scrambled egg, sausage/vegetarian sausage, tomato, beans, cereal, toast and fruit – water to drink. Tea and coffee available for parents.

After breakfast – children will present their class assembly – DATES Monday, November 5
Puffins/Tuesday November 6 - Robins/Thursday November 8 Sparrows /Friday November 9
Woodpeckers – all sessions start at 8.50am

We understand if you are not able to come to this morning event. It is explained to the children that family members are not always able to come to school for every event. School staff will make sure that your child is supported during this session.

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PARENT/CARER PERMISSION FORM Please return to the school office or staff on the doors as soon as possible – thank you. We require a signature from parent/s/carer/s where the child is resident on the dates above. In the case where residency is shared and your child stays at different addresses at different times we require both signatures. We ask and expect parent/carers in this instance to liaise with each other regarding these activities.

Child’s name: _____ Class: _____
Parent/carer sign here _____ Name: _____ Date: _____
Parent/carer sign here _____ Name: _____ Date: _____

I wish/do not wish my child to have a breakfast (Delete as appropriate)
Any queries please call into the office/ring us or speak to a member of staff on the door. Please state your child’s food allergies here.....

Adults: _____ Pre-school children: _____ **Please order your breakfast and pay on-line**

Please state any beliefs that would affect your child in taking part in these activities