

July 2024

Bagels and Water Bottles

Dear Parents and Carers

At Beecroft Academy we offer a free breakfast each morning to every child. Each child will be offered half a bagel to eat when they first arrive at school. This will be enjoyed during the start of the day activity.

A healthy breakfast can set up children to succeed and give them the very best chance to learn. Bagels are high in fibre and protein and therefore will give our children the energy they need to fuel them throughout the morning.



We also provide every child with a water bottle. These are kept in school and filled ready for the start of each day.

Water is required for essential brain functions: it is needed for sustained energy focus and increases attention span needed for learning. Furthermore, research indicates that water helps children with the desire to make goals and reach their full potential. Children aged 5 - 8 need five (240ml) glasses of water each day or 1.2L. As our children spend so much of their day at school, we recognise the need to provide a large proportion of this.

We hope that this will also give you one less thing to have to remember in the morning and save you having to fill up 195 water bottles across the year!

For any further questions please contact your child's class teacher.

Yours sincerely

Sh Hughes

Mrs Sarah Hughes
Headteacher

Permission for bagels – please hand this in to your Class Teacher.

Name of child: Class:

☐ I give permission ☐ I do not give permission for my child to receive half a bagel each morning.

Allergens:

Parent/Carer signature: Date:

Ready, Respectful, Safe