

**Headteacher:** Dr. J Bartlett – NPQH, PGCE, D.Phil, M.Chem **Specialisms:** Mathematics

15<sup>th</sup> March 2021

Dear Parents/Carers,

## National Schools Breakfast Programme – Bagels for Year 7 and 8 students

Breakfast at the start of the day is important for students, as it helps to improve students' academic ability. Research from Family Action shows that having breakfast supports with improving students' memory recall and behaviour. By eating breakfast, students are able to focus on their learning and show increased levels of engagement.

To support with students having breakfast, we would like to invite our years 7 and 8 students to be part of the National Breakfast Programme. This programme will give students in year 7 and 8 the opportunity to come into school a little earlier and have breakfast. This will be free to all year 7 and 8 students. The breakfast will consist of a bagel. The programme will start on Tuesday 16<sup>th</sup> March, and bagels will be available from 8.15 to 8.25am in the **dining hall for year 7** and in the **sports hall for year 8**. There is no obligation for students to have a bagel, however, we hope that they will welcome this initiative. This will be an opportunity for students to engage with their friends and enjoy breakfast together.

### Food Products for information: (Allergens in Bold)

**Bagels:** Wheat Flour, Water, Wholemeal Flour, Salt, Sugar, Yeast, Malt, Vitamin D Supplement.

**Allergens:** **Wheat flour (gluten), Wholemeal flour (gluten).**

Advisory note: May also contain milk, sesame and egg – (made in a factory which uses milk products, sesame and egg). Contains yeast.

**Vegetable Margarine: Dairy Free, suitable for vegans and vegetarians.**

If you have any questions please do not hesitate to contact the school using the email address [shenley.enquiry@e-act.org.uk](mailto:shenley.enquiry@e-act.org.uk)

Kind regards,

**R Pearce**

Mr R Pearce

Assistant Head Teacher