



WEST PARK PRIMARY SCHOOL
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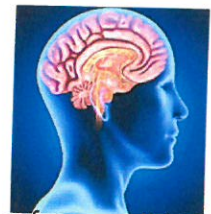
Dear Parents/Carers,

This week in school, it is **Breakfast Week**. We are aiming to raise the importance of eating breakfast. In our last school survey, 12% of the children recorded that they were not having breakfast. This is an area that we are eager to improve. If children are coming to school without breakfast, they are not ready to learn!

Many Breakfast studies have shown how eating breakfast can improve:

- memory
- concentration levels
- our well being- it can make us happier as it can improve mood and lower stress levels.
- attainment
- behaviour

Just like any other organ in the body, the brain needs energy to work at its best!



As a way of promoting the week, we will be sending each child in school home with a free small box of cereal. Please check the ingredients to make sure your child can eat them.



We would like your support by

- talking to you child about their favourite cereals/breakfasts
- trying new healthy breakfast recipes or ideas
- taking a photograph of your child eating their cereal at home sending them into school for our school website/Twitter feed
- allowing your child to try our School Breakfast Club -8:00-8:20am everyday

We want all the children at West Park Primary school to be the best they can be. This means they need to come to school happy and ready to learn so please ensure they have breakfast at home or they can come to our free Breakfast club each day!

Thank you for your continued support.

S. Fox

Briony Jones Headteacher

Shara Fox PSHE leader