

**Aston  
Clinton  
School**



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Dear Parent/Carer

You may have heard about the Government's School Fruit and Vegetable Scheme. Under the scheme, each child aged four to six in LEA-maintained schools will be entitled to receive a free piece of fruit or vegetable each school day. Scientists agree that everybody, including children, can reduce their risk of heart disease and cancer by eating at least five portions of fruit and vegetables every day. On average, children in the UK eat only two portions a day.

I am delighted that our school has been given the opportunity to participate in this exciting scheme, which reinforces our commitment to healthy eating. Your child will be offered a free piece of fruit or vegetable each day, and I do not expect the scheme to disrupt the normal school day in any way. The fruit and vegetables will be fresh and of good quality. The aim is for the children to have a positive and enjoyable experience of fruit and vegetables.

The scheme is voluntary, and although there is no obligation for your child to take part, I hope you will share my belief that it has many benefits. It is a great way to help us teach our children the benefits of healthy eating.

If you do not wish your child to participate in the scheme, you must let his/her class teacher know. It is also essential that you inform them of any allergies your child may have so that we can ensure they are not given anything that might harm them.

If you have any questions, please do not hesitate to contact me.

Mrs C Macdonald  
Headteacher

