

WILLIAM DEAN PUBLIC SCHOOL

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27 /2/17

Breakfast Club

Dear Parents and Caregivers,

It is really important that together as a community, we encourage our children to eat a healthy nutritious breakfast every day.

A healthy breakfast is important because:

- *it increases your children's concentration levels and improves their ability to learn*
- *it helps them to maintain a healthy weight and decrease the likelihood of obesity*
- *it strengthens heart, bones, muscles and joints, which will help reduce serious childhood health problems*
- *it brightens their mood by providing them with energy which helps build positive self-image*
- *it helps to develop positive breakfast habits that they will take into adulthood.*

Every child, every day, needs to eat a healthy nutritious breakfast, but we understand it can sometimes be difficult to get your child to eat in the morning. We are here to help.

We will provide a FREE breakfast for our students **every Friday morning between 8:30am and 8:55am in the school hall**. Corn Flakes and Rice Bubbles will be available to the students, (limit of one bowl per student).

It would be greatly appreciated if we could have assistance from community members (on a rotational basis) to help serve the cereal. Please return the attached slip if you are able to help this year.

Regards

S. Hong
Teacher

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Breakfast Club

I (parents name) am able to help serve breakfast on Friday Mornings.

Phone Number:

