

Our Vision:  
**EXCELLENCE  
IN ALL WE DO**



Our Mission:  
**TO GROW,  
LOVE AND LEARN  
FOLLOWING JESUS**

17th April

Dear parents/carers,

I have noticed that many children have a packed lunch which they are struggling to finish within the 30 minutes that they have for lunch. This NHS website may help with portion size:

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

I know that as parents we do not want our child to be hungry but 3 items of food should be sufficient. The children have a snack during the morning session.

Thank you for your continued support,  
Julie Le Feuvre  
Head of School

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SYCOL

