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Monday 23<sup>rd</sup> January 2023

Dear Parent/Carer

**PE Kit/School Uniform**

May we politely remind you that children should be coming to school in either their school uniform or their PE Kit.

PE kit should be school colours. Black or dark coloured jogging bottoms and 'hoodies' are fine in the colder weather.

(Further guidance is on the school website).

Class teachers will be making phone calls home to ask specific parents to comply.

Trainers should only be worn with PE kit. We encourage children to wear PE kit on PE days and when they have sports clubs - it's easier for parents, children and the school.

**Drinks**

Please send your child to school with water or weak squash (we want children to drink lots and stay hydrated). Energy drinks have made a recent appearance - please **do not** send your children to school with these.

**Snacks**

Children in Reception and Years 1 and 2 receive free fruit as part of a government funded scheme. Older children are encouraged to have fruit for a snack. Many parents send crisps or a small chocolate/snack bar as a snack - whilst this isn't a healthy choice - **we assume that this is part of a healthy balanced diet provided at home.**

Please aim for 5 portions of fruit and vegetables a day.

By working together, we make the school a fairer and happier place.

Yours sincerely,

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Mr Rob Litten  
Executive Headteacher