

Loreto Convent School Gibraltar



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Thursday 8th September 2022

Dear Parents,

This is to remind you that as part of our policy of encouraging healthy eating, Fridays are designated as 'Fruity Friday', and we ask the children to bring in something healthy to eat at break-time instead of the usual chocolates, crisps and biscuits.

We ask you please to support this, and, on Fridays at least, to provide the children with healthy snacks such as sandwiches, cheese & crackers, yoghurt or yoghurt drink, raisins or other dried fruit, cereal bars, or, of course, fresh fruit, and a fruit or milk drink. If you are sending fresh fruit, please make sure that it is peeled and/or cut up so it is easy to eat.

As well as morning break, we also have a short afternoon break, so you may wish to send in an extra drink or something for your child to eat at that time.

Also, please do not allow your children to eat as they are leaving school - we have spent ages working with the authorities to eliminate the 'Ape problem' and do not want to give them any encouragement to return.

Thank you for your co-operation,

A handwritten signature in black ink that reads 'Bianca Picardo'.

Ms Bianca Picardo
Nursery and Foundation Stage Coordinator