



JOYFUL FRUIT MONTH

For the next 4 weeks we are going to eat lots of colourful fruit. We teachers want the children to bring in fruit every day for snack. We will monitor fruit intake at school and you can monitor fruit at home. Easy...all you need to do is:-

- ❖ Eat a piece of fruit every day
- ❖ Bring fruit to school for snack
- ❖ Use your sticker chart on a weekly basis
- ❖ Collect 4 large stickers from school
- ❖ Work towards a SILVER certificate
- ❖ Eat more fruit for a GOLD certificate