



# St Mary's Catholic Primary School

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Dear Parents/ Carers,

We have been accepted, as one of the schools, to participate in the Magic Breakfast initiative. The Magic Breakfast aims to provide participating schools with healthy breakfast food in its quest to ensure that no child is too hungry to learn. The Magic Breakfast team believe that a hungry child cannot concentrate so could miss out on half a day of lessons every school day if not given anything nutritious to eat first thing. This is a new initiative for us, so we are initially rolling out the programme to Key Stage 2 families but we hope to develop it and roll it out for all families across the whole school.

- What does a Magic Breakfast look like?

A "Magic" breakfast is healthy and nutritious. It is designed to give children energy, protein, vitamins and minerals, and is low in sugar, salt and fat. The food Magic Breakfast provides to schools complies with government school food standards and regulations in Scotland and England [School Food Standards].

Schools are provided with Quaker porridge, Nestle cereals, special recipe Bagel Nash bagels (made using a mix of wholemeal and white flour; free from preservatives, artificial additives and e-numbers; low in saturated fat; a good source of fibre and Vitamin D) and Tropicana unsweetened juice (which needs to be diluted with 50% water, as recommended by the British Dental Association\*).

**Information on possible allergens in Magic Breakfast food can be found on the school's website:**  
[www.kells-stmarys.cumbria.sch.uk](http://www.kells-stmarys.cumbria.sch.uk)

- How will children receive the Magic Breakfast?

In normal circumstances, children would access the Magic Breakfast in the Early Birds Club which is run by school. Due to the Early Birds Club not being operational, at the moment, due to the school's COVID-19 risk assessment, school has opted for the 'take home' pack. Each family in Key Stage 2 (initially) will bring home a breakfast pack, starting on 23<sup>rd</sup> October 2020.

- How often will my child bring home a breakfast pack?

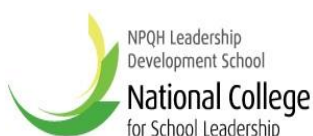
The breakfast packs will be sent home every fortnight.

- What do I do if I don't want to receive a breakfast pack?

Please contact the school office (01946 66356) to let a member of staff know that you do not want to continue receiving a breakfast pack. We are hoping that if school provides the breakfast, more children will eat breakfast in the morning because it is a school initiative.

If you require any further information please contact school and we will try to answer your questions. Thank you,

*Mrs Starkie*



**Headteacher:** Mrs Susan Starkie B.Ed.  
Registered Charity No. 1034949