

St. John the Evangelist Catholic Academy

part of *St. Gabriel the Archangel Catholic Multi-Academy Trust*

"Lord be thy word my rule."

Principal: Mrs H. Rigby BSc(Hons), PGCE, NPQH

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Thursday 15th October 2026

Dear Reception Class Parents,

We would like to remind families of the importance of children having breakfast at home before coming to school, as this helps them to start the day ready to learn.

We understand that there may occasionally be circumstances where your child has not had breakfast before arriving at school. If this happens, please let a member of staff know and we will be happy to provide your child with a piece of fruit.

Recently, we have noticed an increasing number of children arriving at school eating breakfast bars and other breakfast items in the classroom. We kindly ask that children do not bring breakfast foods into school to eat during the morning.

We would also like to take this opportunity to remind everyone that we are a **nut-free school**. In the Reception class we have a child with a nut allergy, and exposure to nuts can cause a serious, potentially life-threatening allergic reaction. We therefore ask for your full support in ensuring that nuts of any kind must not be brought into school, including breakfast bars that contain nuts.

Thank you for your support and cooperation in helping us maintain a safe and positive learning environment for all our pupils.

Yours sincerely

Mrs H Rigby
Principal