



Sample Parent Letter

School: Williams Lake Elementary School, Williams Lake BC

Principal:

Address:

Date:

Dear Parent:

RE: FARM TO SCHOOL SALAD BAR LUNCH

Our F2SSB continues to be extremely popular and this past month we've been serving 190 "first helping" meals. Wow! That's over 80% of our students taking advantage of this healthy and affordable lunch. We'd like to see this number go even higher and encourage all students to participate.

As mentioned in previous newsletters, the F2SSB is a program that promotes the eating of healthy foods, promotes eating locally grown foods, promotes a balanced diet, and helps us support parents in their efforts to promote a healthy lifestyle, now and in the future. The F2SSB is also linked with the teaching of nutrition and health, a regular exercise program (30 minutes/day minimum), and the promotion of healthy drinks (**We are a "pop free" school, which means no sugary drinks are allowed!**). We all know that a healthy child is one that is well rested, well fed, drinks appropriate liquids, gets plenty of exercise, and enjoys some "down time" for leisure activities like reading, the arts (music, art, drama), and playing with friends and family. We see that students who do the above are much more able to learn so they do better in school, they are happier, they get along really well with others (both peers and adults), and they are flexible and cooperative. This is the kind of citizen we all enjoy, both at home and at school! Thanks for your support in all areas above! Here's the recap:

- ALL F2SSB LUNCH ORDERS MUST BE PRE-ORDERED
- 8 salad bars in November (& December 1st)
- Cash or cheques accepted – Make cheques payable to My Child's Elementary
- Cheques may be post dated if need be.
- Please send back by Friday, November 4th.
- No "credit" is given for missed days due to absences, unless it is a lengthy absence.



We do not want any child to miss the opportunity of enjoying the F2SSB so if you find that you can't afford part or all of the fee please contact the school and talk to the Principal so that we can work something out. Lastly, if you wish to help the school out by paying extra money, please do so. All extra money collected will go directly back to needy students to make sure everyone gets a chance to participate in our F2SSBar program.

Please return this slip to the school by Friday, November 4th, 2011.

FARM TO SCHOOL SALAD BAR LUNCH

Family Name:

Child(ren)'s name(s):

Number of K, Gr. 1 and Gr. 2 students: _____ x \$2.00 x 8 meals = \$ _____

Number of Gr. 3, 4, and 5 students: _____ x \$3.00 x 8 meals = \$ _____

Number of Gr. 6 and 7 students: _____ x \$4.00 x 8 meals = \$ _____

Grade 7 helper students _____ x \$4.00 x 6 meals = \$ _____

Parent volunteers in the kitchen to prepare or clean up for F2SSB = Yes _____

Amount Paid for the month of November = \$ _____