



September 27, 2018

Dear Parents,

We all want our children to grow up to be happy and healthy we encourage our children and staff at Al Bateel KG to eat smart and exercise more .

Please use the 'food pyramid' sheet attached to select healthy food items for your child's lunch box .

Please note that chocolate ,nuts (of any kind) , chips, fried food and chocolate milk are not allowed in our school , so if any of these items are in your child's lunch box they can not be eaten in school .

We would encourage children to drink milk and water .

Thank you for your co-operation.

Kind regards,

Denise Kelleher
School Principal