



# RICHMOUNT PRIMARY SCHOOL

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16<sup>th</sup> January 2017

Dear Parent/Guardian,

## School Milk – Boast Better Break Scheme

From 6<sup>th</sup> February until 28<sup>th</sup> June 2017

As part of our school's Boast Better Break scheme, we are continuing to offer school milk. **The cost per pupil will be £18.00 (non-refundable). Cheques should be made payable to the 'Education Authority Southern Region'.**

### Benefits of School Milk

- Milk is a great source of calcium, essential for growing bones. The 1/3<sup>rd</sup> pint of school milk provides up to half a child's calcium needs.
- Milk contains many other important nutrients including vitamin A and B, magnesium, potassium, phosphorus and zinc.
- The 1/3<sup>rd</sup> pint of school milk provides around a third of a 4-6 year olds' and a quarter of a 7-10 year olds' daily needs of body-building protein.
- Unlike fizzy drinks, milk is safe for teeth. Milk and water are the only drinks recommended by dentists for between meals.
- If children are dehydrated their memory and concentration suffer. Break-time milk can help beat thirst and keep children well hydrated.

If you would like your child to take milk, please complete the form below and return it along with the money to school **no later than Wednesday 25th January 2017.**

\*\*\* Dale Farm requires advanced notice of any order therefore **NO further money will be accepted for milk after Wednesday 25th January 2017.**

Yours sincerely

M. Hall  
Principal

### School Milk – Boast Better Break Scheme (Feb – June 2017)

My **son/daughter\*** will be taking school milk and I enclose £18.00 to cover the cost of milk.

Pupils name ..... Class ..... Amount Paid £.....

Signed ..... (Parent/Guardian)

\*Delete where appropriate

