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12th September 2025

Dear parents and carers,



**Year 1 and Year 2
PHSCEE Lesson – Jewel Salad
Friday 19th September 2025**

As part of the PHSCEE curriculum topic “Healthy Eating” the children in Year 1 and Year 2 will be making Jewel Salad on Friday 19th September 2025.

The ingredients for the salad are couscous, vegetable stock, cherry tomatoes, cucumber, pomegranate, olive oil, lemon juice and zest, red onion, feta cheese and fresh mint.

The children will not be eating their salads in school, and we ask if you could kindly provide a small, lidded container for the children to bring home their salads.

If you have any objections and would rather your child did not take part in the activity, please let the school office know by 9am on Friday 19th September, likewise if your child has any allergies that we are not already aware of, please inform the school office.

Yours sincerely

Mrs J Callaway
Headteacher

