

Mount Pearl Senior High



Principal – D. King
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CONCORDIA CUM VERITATE

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Dear Parents/ Guardians,

At MPSH we have a Breakfast Club that operates from 8:05 am to 8:22 am each morning. It is offered to all students, to ensure that they begin their school day with a healthy start. Over the past number of years the Kids Eat Smart Foundation has provided the majority of the funding for our program. However, we are hoping to entice our school community to help our club. This help can come in the form of a monetary donation or actual food supplies. I have included below a list of items that would be greatly appreciated:

Juice NutraGrain Bars Cheese Sticks Yogurt Tubes Rice Crispie Squares
Muffins Fruit Cups Frozen Strawberries/Blueberries Yogurt Bagels
Cheese whiz/ Jams Butter (non-hydrogenated)

Other healthy snacks would be acceptable. However, due to life threatening allergies within the school, they must be peanut free.

If you are able to contribute, you can send the items in to the school by your son or daughter or drop by the school at any time.

We appreciate any help you can provide and please inform or remind your son or daughter of our worthwhile program.

Thanks,

Trudy Duff
MPSH Breakfast Club Coordinator