



EXCALIBUR PRIMARY SCHOOL  
Ivy Lane, Alsager, Stoke on Trent, ST7 2RQ  
Head Teacher: Lise Houldsworth  
Tel: 01270 845781  
E-mail: [admin@excalibur.cheshire.sch.uk](mailto:admin@excalibur.cheshire.sch.uk)



31<sup>st</sup> January 2019

Dear Parents/Carers,

In order to promote health and wellbeing, we are always keen to encourage habits that will keep children fit and healthy, including eating well and exercising. In conjunction with this, and as part of a Cheshire East Council campaign, we are taking up the challenge of going Fizz Free for February.

All children in school are being given the challenge of going without any fizzy drinks throughout February, choosing instead to drink a healthier, cheaper alternative, such as water.

On **Thursday 31<sup>st</sup> January**, your child will bring home a calendar of each day in February. They will then ask to get a signature from a parent/carer to confirm that they have gone without fizzy drinks for that day.

All completed calendars must be returned to school on **Friday 1<sup>st</sup> March 2019**. The following week, all those completing the challenge will be celebrated in an assembly.

We hope that as many children as possible take up the Fizz Free Challenge. In addition, if the rest of your family would like to take up the challenge too, even better! For more information, you will also receive the Cheshire East Council poster via ParentMail.

Yours sincerely,

Mr Hancock

