

Lee Strand School Milk Scheme

Dear Parent/Guardian

Milk is a refreshing nourishing drink important in the diet of adolescents as it contains vitamin A & D, calcium and protein for growth.

As part of our health promoting school Coláiste na Sceilge will be organising for Term 2 a school milk delivery starting on Monday 16th January. We would ask parents to encourage their son or daughter to take part and choose milk in place of fizzy drinks which are high in sugar and calories.

We would like to see our students choose milk as it is high in calcium and 90% of adult bone calcium is laid down by the late teens. We appeal to all those involved in sport to choose milk and particularly encourage girls as three out of four teenage girls are not getting enough calcium during this important bone development stage.

The school milk scheme which is subsidised by the Department of Agriculture offers pupils the opportunity to drink Lee Strand milk at school at a reduced price of 25cent per day.

DETAILS OF THE SCHOOL MILK SCHEME

- **PRODUCT:** Pupils can enjoy the re-closable screw cap bottle filled with 250ml of Lee Strand Milk. The pupil friendly designed bottle can be easily opened and closed by students, therefore reducing any spillages in schools.
- **PRICE:** The cost of the school milk is 25c per day that is only €1.25 per week. Students pay for their milk in advance and pay for 97 days costing €24.25.
- **REFRIGERATION:** The milk will be delivered twice weekly to the school and will be stored in The National Dairy Council refrigerator which is located in the school canteen.
- **PAYMENT:** Payment can be arranged on line through Way 2 Pay on receipt of application form below.

Please complete details below if you intend getting the school milk and return to Ms. Collison before Friday 20th January.

Students Name: _____

Year Group: _____

Thank you for your cooperation.

Yours faithfully,

John O'Connor
Principal

Brid Collison
Home Economics Department

If students wish to sample the milk it will be available for purchased in the school canteen next week for 25cent a bottle.

