

29 November 2018

Dear Parent/Guardian

RE: **Reverse Advent Calendar**

Christmas can be a difficult time for anyone, but for those already managing on a tight budget, the added expense can make this even more difficult for some families and individuals in our community. It is for this reason that Pontypridd High School has decided to participate in a Reverse Advent Calendar initiative with all form classes starting Monday 3rd December.

Between each form class, pupils and tutors will be encouraged to bring in an 'item' a day which will get placed in an advent calendar box in each form class. Each form's box will then be donated to the Pontypridd foodbank just in time for Christmas. The Pontypridd foodbank aims to provide three days of nutritionally balanced, non-perishable food to families and individuals who need it most. Some examples of items pupils could bring in are shown below.

Thank you for your support with such a worthwhile cause this Christmas.

A typical food parcel includes:

<b>Breakfast cereals- Urgent! (single portions)</b>	<b>Rice pudding. Ringed cans.</b>
<b>Dried pasta- Urgent!</b>	<b>Milk powder</b>
<b>Rice</b>	<b>Tea or coffee</b>
<b>Pasta sauce</b>	<b>Sugar</b>
<b><u>Tinned</u> beans/meaty/puddings/fruit/vegetables – Ringed cans.</b>	<b>UHT Milk (1 litre) / Longlife juice</b>
<b>Biscuits (chocolate)</b>	<b>Washing up powder (small)</b>
<b>Sweet treats</b>	<b>Washing up liquid</b>
<b>Snacks</b>	<b>Shampoo</b>

Yours sincerely

**Miss E Amos**  
**English Faculty**