

Dear Parents / Carers

I am writing to you in this festive season to ask for your help. Many families in the Reading community need help because children and adults are not getting as much as they should; like food and toys. And a $\frac{1}{3}$ of children under 5 years of age are living in a home with no access to healthy or nutritious food and also because it's getting near Christmas and children are hoping to make up to some presents. We also need you to help people with nearly nothing which isn't good for their health; in some people will starve and get ill this Christmas if we just sit here and do nothing, so I need you. I will be very grateful.

People aren't able to access food! 88% said those pupils coming in hungry showed tiredness at school. From 2022 to 2024 11.9 million people faced hunger due to loss of money! Here is a question and a quote so, how are you going to help them? and please support us trying to help and maybe you will help?!

Here is 1 way you can help - donate food to the West Berkshire Food Bank because 3,506 children were fed. I look forward to receiving lots of donations this year with your help! And I wish you a merry Christmas and a happy new year!

Yours faithfully
Poppy
Year 6

Dear Parents and carers

When our class were choosing who to write to, you were identified as the people who were most likely to ^{help} the food poverty problem.

When our class were doing our Victorian research we were more shocked of something happening now than over 100 years ago. Food Poverty. The University of Sussex have said about 3% of the West Berkshire community are suffering because of it. That might not seem much but that will only increase like 9% of our people are worried about not having enough food and 8% of people struggle to eat food.

West Berkshire Food Bank are always using like last year they had to give out 189,903! Meals and 3,500! Children were good. Teachers reported the amount of hungry students are increasing rapidly 84% of the children are easily distracted and 74% are exhibiting disruptive behaviour. So please donate lot 2 things to the Reading Food Bank (allender) or the Reading Family Aid charity thank you.

Kous Fairlywell

Toby

Dear Parents,

I am writing to you because people are hungry even children and you might be able to help.

Did you know that the UK is the sixth richest country in the world but 800,000 children are living in poverty and three in 10 people were referred to food banks in 2024.

The brain develops rapidly at a young age. Without the right nutrients, the brain cannot develop properly - resulting in long term effects on learning abilities but it does not stop there. Hunger can also cause behavioural problems. In a classroom setting, a single child's behaviour can affect the rest of the students, the teachers attention and the overall learning atmosphere.

August survey of 527 teachers in the UK by Sunovion on behalf of Chess in Schools. 88% said those pupils coming in hungry showed, 84% said those coming in hungry were showed, distract in class.

Realfood are asking for donations to make up their Christmas parcels of festive food for those who needed them. They deliver emergency food parcels to clients refer to them by local agencies either directly to homes or via agencies. They endeavour to avoid developing dependency by working closely with the referring agencies.

I look forward to you and Merry Christmas

Yours faithfully
Jessica

Dear Parents and Carers of Downsway

As you've always done an amazing job fundraising for Downsway before, I have chosen to write to you in the hope you could help with our current appeal.

Food poverty is a huge problem in Reading and Year 6 wants your help to fix this predicament.

We would like every adult onboard to donate to food banks now and then. Do your part to help.

The effects of hunger on children who suffer from food poverty are horrendous. Some have low energy, behavioural problems and stress. While others suffer with anxiety, depression and withdrawal. Although they suffer differently, there is only one thing that is common; the effects on them and those around them in a classroom environment.

Helen Bamard, who works at Trussel Trust, said, "We have created a generation of children who've never known life without food banks. That must change. Do you want the generation to go like this?"

The school would like help from you to donate to the Reverse Advent Calendar, Toys and Treats appeal and food banks - you can do this by contacting the school - let's all help everyone have a very merry Christmas.

We look forward to hearing your replies and with gratitude, Merry Christmas.

Yours Faithfully,

Thea, Year 6

Dear parent/Carer,

I have chosen to write to you since you're a kind and caring person and you have previously helped people in need.

You can help food poverty come to an end by simply donating to charity or sending away some food from your own cupboard, fridge or freezer. This year, Downsway are hoping to help 2 local charity fundraisers: The Readyfood reverse advent calendar, and Reading family aid toys and teens appeal. Readyfood makes up to 150-180 emergency food parcels a week. We aren't the poorest area, but Uni Sheffield research showed nearly 10% of people struggle to access food. This is sadly increasing quickly.

The human brain requires energy to function properly. Children experiencing hunger are more likely to have problems with focus and concentration ~~issues~~ or even behaviour issues.

If people always talk about a change why isn't it happening? We hope you can donate and make a difference.

We wish you a very Merry Christmas!

Yours faithfully, Brooke Year 6.