

Aspiration  
Respect  
Endeavour

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Roding Valley  
HIGH SCHOOL

2<sup>nd</sup> November, 2023

Dear Parent / Carer

I am writing to you to let you know that once again, RVHS is running our Food Bank appeal. Christmas is the season of family, belonging and joy; a little contribution from us can make a big difference to someone's Christmas this year. We are working in partnership with two food banks this year - Epping Forest Food Bank and '3food4U'.

We have been in contact with the two food banks and they have sent a list of items that they need. There is a flyer attached that lists exactly what these items are, and you will notice that they are mostly non-perishables. This is a house competition which means there will be a house point for every item donated and the house with the most contributions will win further house points.

The collection will start on **Monday 6<sup>th</sup> November** and end on **Friday 1<sup>st</sup> December, 2023** so that the dedicated charities have time to get these items to those that need them.

We would like all students to bring in their items and drop them into their dedicated house box which will be in the wooden reception area. The winning house will of course be the one that donates the most items towards the foodbank.

Thank you in advance for your support and donations.

Yours faithfully

Mr C Ifrim  
Teacher of Performing Arts  
Whole School House Co-Ordinator

Ms P Larkin  
Deputy Headteacher





# Christmas Shopping List

Box of Chocolates Small/Medium

Christmas Pudding Small/Medium

Box of Biscuits Small/Medium

Christmas Cake Small/Medium

Selection boxes

Savoury crackers and Crisps

Mince Pies and Yule log —dated after 26th December

Christmas crackers

Breakfast cereals

Tinned Ham, Fish and Pies

Custard and Rice Pudding

Gravy Granules

Long Life Juice and Milk

Sponge Puddings

Stuffing Mix

Hot Chocolate, Tea and Coffee—small jars

Chocolate Spread, Jam and Peanut Butter

Tinned Beans, Spaghetti, Tomatoes and Potatoes

Cooking Sauces

Rice, Pasta and Noodles

Soup

Toiletries—shampoo, shower gel and dental products

Washing up liquid

