St. Paul's CofE VA Primary and Nursery School
Nurturing a Love for Learning and Faith
Acting Head Teacher: Miss M Cohen
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Diocese of St. Albans

Friday 21st September 2018

Dear parents

As we all know, healthy eating is an important aspect of a healthy lifestyle, and vital for learning during a busy, active day at school. As part of our work on being a healthy school we are fortunate enough to have a local nutritionist, Katie O'Connell, coming in to talk to parents about healthy eating. She is going to focus on healthy packed lunches, breakfasts and snacks and also fussy eaters.

The talk will begin at 9.10am on Thursday 4th October after you have dropped your child off. Katie will be available to answer individual questions at the end.

Katie has a vast array of experience. She is the nutritionist at Champneys Health Spa and also offers wellness at work seminars for adults. She has been in to other schools to run similar workshops for parents around healthy eating.

If you would like some inspiration for feeding your child (I know I need some!), please complete the form below and return to the office by Monday 1st October.

I do hope many of you will come and along. Thank you for your support.

Anna Wilson (PSHE Leader)

I am able to come to the healthy food talk on Thursday 4th October 2018

Signed _____

Parent of _____ in year _____