2nd October 2017

Dear Parents

Food, Fitness and Fun Week – 9th to 13th October

Just a reminder of our enrichment week, starting next Monday and now named Food, Fitness and Fun Week.

During the week we shall be introducing the children to new foods and flavours, learning about the journey our food takes from soil to table, the history of food and our relationship with it in different cultures and countries, learning how to keep ourselves healthy through keeping fit, making healthy choices and understanding the benefits of those choices in the long term.

A timetable of events will include a whole school breakfast, a Fairtrade talk and tuck shop on Wednesday and Friday morning, a smoothy bike, giant outdoor Zumba and Tai Chi classes, food tasting from around the world, a competition for the children and lots of foodilicious fun and learning. Please check your individual class pages on our website for more details on the day to day activities.

To help us cover the cost of some of the exciting things planned, we are asking parents to make a voluntary contribution of £5.00 per family, which can be paid online from tomorrow.

Whilst we continue to be a nut free zone and because of the food tasting, if you have not yet advised us of any allergies affecting your child(ren), please let us know as soon as possible.

If there are any parents that would like to help us during the week, then please would you return the enclosed slip as soon as possible.

………………………………………………………………………………………………………
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Full name: ………………………… Year: ………………………………………………………

I am available to help during the week. Yes/No If yes, on (day?)………………….am or pm?………………..

I would be interested in bringing in some samples of food from another country and talk about it. Yes/No

Please advise which country? ………………………………………………………………………….