

CLIFFE WOODS PRIMARY SCHOOL

20 September 2017

Dear Parents

HEALTHY EATING INFORMATION AFTERNOON

On **Tuesday 3 October** at **2.30 pm** David Lee, Medway's Health Improvement Co-ordinator, will be running an information session for parents explaining some of the benefits of a healthy breakfast. He will also be talking about ways in which making some changes can impact positively on the whole family's general health and wellbeing.

At a later date, David will oversee some practical workshops for you and your children where you will have the opportunity to prepare food and cook together in a healthier way. These sessions are limited and will be offered on a first come, first served basis and will be explained in more detail at the information afternoon.

If you wish to come along on **3 October**, please let us know by booking a place on our parents evening booking system (visit <https://cliffewoods.parentseveningsystem.co.uk>), using the details you supplied for use with Schoolcomms.

Yours sincerely

Mr T Muggridge
Headteacher