

CLIFFE WOODS PRIMARY SCHOOL

10 January 2018

Dear Parents

HEALTHY EATING INFORMATION AFTERNOON

On **Wednesday 24 January** 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 and giving ideas for healthy packed lunches. He will also be talking about food allergies and explaining the impact these can have on a child's life.

We ran a similar session led by David back in October, and this proved very worthwhile and was well received by those who attended.

If you wish to come along on **24 January**, please let us know by booking a place on our parents evening booking system (visit <https://cliffewoods.parentseveningsystem.co.uk> – a link is available on the homepage of the school website), using the details you supplied for use with Schoolcomms.

Yours sincerely

Mr T Muggridge
Headteacher