



Dear parents, carers & wider family members,

This year we are going to host a **Healthy Lifestyles Parent and Pupil Workshop** in partnership with our schools **NHS Family Health Nurse from 11am-12noon on Tuesday 24th September 2024** here at Villa Real.

We would like to invite you to attend along with your son / daughter to hear about some of the current ideas surrounding leading a healthy lifestyle with a focus on healthy eating and eating a balanced diet together as a family.

The aim of the morning is to interact with each other in a fun and engaging way, to discuss, explore and promote healthy eating within a healthy active lifestyle. If you personally cannot attend, would you be able to see if a Grandparent could come along or another close family member.

If you would like to attend the workshop with your son / daughter, please return the reply slip below to school and your son / daughters class teacher.

Yours sincerely,

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Damien Dimmick

Assistant SENCO

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Healthy Lifestyles Parent and Pupil Workshop

Please circle below and return to school.

I would **like / not like** to attend the Healthy Lifestyles Workshop on **Tuesday 24th September at 11am – 12noon.**

Name of pupil.....

Name of parent / carer attending.....