



Barrowby Church of England Primary School

Dear Parents/Carers



On Thursday 24th November, 3:30- 4:00pm, Sophie Devenish from Inspire+ will be hosting a Parent Workshop all about positive nutrition habits at home. She will be bringing lots of helpful tips and great ideas to support you and your child at home.

As a past Olympic Swimmer, Sophie is an expert in all things nutrition and living a healthy lifestyle and she is excited to help you and your children get the best out of life. There will be time to ask Sophie any questions at the end.

You can bring your child/children along with you to the school hall at the end of the day to join in too.

The Year 2 and 3 children will have worked with Sophie in the afternoon in their own workshop and, if you are able to come along, they will be able to share some of the things they have learnt in this session.

If you would like to attend the workshop please complete the below form.

Yours sincerely

Mr L Batey
Head teacher



Nutrition Workshop — November 24th 2022 3.30pm– 4.00pm

Please tick the appropriate box:

I would like to attend the Nutrition Workshop on Thursday 24th November 2022

Unable to attend	<input type="checkbox"/>
1 ticket	<input type="checkbox"/>
2 tickets	<input type="checkbox"/>
3 tickets	<input type="checkbox"/>
4 tickets	<input type="checkbox"/>
5 tickets	<input type="checkbox"/>

