



Monday 30<sup>th</sup> September

### Parent Drop-In Cafe

Dear Parents and Guardians,

We are excited to invite you to our upcoming Parent Drop-In Cafe event, with a special focus on healthy eating. This is a wonderful opportunity for you to connect with other parents, staff members, and our school nurse in a relaxed and informal setting, while learning about nutrition and its importance for our children's well-being and academic success.

#### Event Details:

- Date: Thursday, 3rd October
- Time: 9:00 AM
- Location: School

Our school nurse will be available during this event to discuss various aspects of children's health, with a particular emphasis on nutrition and healthy eating habits. Topics may include:

- Balanced meal planning for school lunches and snacks
- The importance of breakfast for learning and concentration
- Strategies for encouraging children to eat a variety of healthy foods
- Understanding food labels and making informed choices

This drop-in session is designed to be casual and comfortable. Feel free to stay for as long as you like, and enjoy a selection of healthy refreshments while you chat.

We believe that promoting healthy eating habits is crucial for our students' overall development and academic performance. This event is part of our ongoing commitment to fostering a healthy and supportive school community.

If you have any questions about the event, dietary concerns, or need any accommodations to attend, please don't hesitate to contact the school office.

We look forward to seeing you on October 3rd for an informative and enjoyable morning focused on healthy eating!

Yours sincerely,

*S Male*

Sara Male  
Family Liaison Officer