



Dear Parents/carers,

### **Healthy Eating and Healthy Lifestyle Parent Workshop**

As you are all aware Ashmole Primary School is an approved Healthy School's Bronze Award School. Over the past year we have been even more motivated and committed to making some important changes through our work on achieving the Healthy School's Silver Award with a key focus on healthy eating. Together with the help of our School Council, Healthy Food Ambassadors and school community we have been consistently promoting a whole school approach to a healthy lifestyle. We have listened and taken on board pupil voice, making many important changes suggested by the children themselves. Through our Healthy School's work, we have;

- Adjusted our lunch menu and salad bar.
- **ALL** (children and staff) taken part in healthy food/ lifestyle workshops.
- Set up and taken part in competitions.
- Participated in the SMILE lunch tray project.
- Shared the Eatwell Guide and healthy food swap ideas.
- Created our own Ashmole Primary School foodbank.
- Worked relentlessly on improving our knowledge on living a healthy, balanced lifestyle.

**We would now like to invite YOU the parents to a Healthy Eating and Healthy lifestyle workshop run by Solutions4health (Barnet) on Monday 17<sup>th</sup> July 9am in our school hall.**

Through attending this workshop, we hope the information shared will increase our parent's knowledge and understanding of healthy eating. With a greater awareness of the importance of healthy eating we can work together to continue to help the children to make the right choices in terms of their diet and leading a healthy, balanced lifestyle.

Yours faithfully

Miss Costas

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