

HeadTeacher: Mrs C Oldham

08.10.2018

INSPIRE. ASPIRE. ACHIEVE.

Dear Parents and Carers,

As a school we are continually striving to build and foster relationships with all of our families and to provide education, skills and experiences for all.

We are so excited to announce that Mrs Tanna-Shah has agreed to work in collaboration with the school to provide cookery workshops for children to attend with a parent. Sheena is an experienced and qualified vegan and vegetarian nutritionist, wellbeing coach and NLP practitioner. This is such an exciting opportunity to not only spend quality time with your child but also to learn some new, healthy recipes and even take the food home to enjoy! Nutritional information and advice will also be given. Please find further details of the workshop below which have been personally written from Sheena.

“My name is Sheena, and I am looking to offer nourishing, colourful and fun recipes for you to enjoy creating, together with your child. I will be running a 7week course, where we will focus on various meal ideas, from breakfast options, all the way to dinner for the whole family. The course will begin on Thursday 1st November at 5pm until 6pm. The dates for the course are as follows: 01.11.18, 08.11.18, 15.11.18, 22.11.18, 29.11.18, 06.12.18, 13.12.18

The aim is to ultimately have fun making something yummy and delicious which you get to take away, but also to look how we can add extra nutrients in our daily meals - even for the fussiest of eaters.

Whilst you are creating, I will be assisting and talking about the benefits of the products you are using that day.

Samples of what may be included in the 7 weeks include:

- Smoothie bowls faces
- Rainbow hummus and dips
- Muffins with sugar less jam
- Vibrant Veg wraps

Cooking from a young age and exploring the smells, colours and most importantly the taste, can really set children up with a lifelong skill.

As the saying goes ‘We are what we eat’ and putting the right nutrients in our bodies can have a great, positive impact on wellbeing and concentration.

The 1 hour sessions will cost £10 per couple (parent and child) and will include the food, recipe and all utensils. I would just ask that you provide an apron and container to take the food home.

If you would like to attend the session, please do fill out the slip below and return to the school office. Cash and cheques will need to be made payable to Sheena Tanna-Shah as a block payment for all seven sessions at a cost of £70 for both parent and child.

I would like to attend the cookery workshops with my child and enclose a cash/ cheque of £70.

Name: Year Group:.....

I will provide an apron and a container for each session.

Signed.....Dated.....

