



An Academy School

Aim High, Learn Together, Feel Proud!

22/09/2017

Dear Parent/Carer

We would like to offer a **free healthy eating & oral health promotion session** for all of our parents/carers with children in **Reception, Year 1 and Year 2.**

Our sessions give parents information, knowledge and ideas on healthy eating and good oral health to help them make small changes in their lifestyles; these can contribute to improving the health and wellbeing of their child and the whole family.

The session will last approximately one hour, it will be informal, group based, interactive and fun. **We will be providing free tooth brushing packs for children and leaflets on how to find/register with a dentist.**

Come along to school on Monday 2nd October at 2pm for Information and advice on:

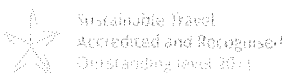
- Eat well plate and portion size
- Healthy snacks
- Food labelling
- Tooth-friendly food and drinks
- Healthy weight & physical activity
- The importance of baby teeth
- Tooth brushing
- Visits to the dentist

We will be on hand to answer any questions you may have.

REPLY SLIP

I will / will not be able to attend the Healthy Eating and Oral Health Session on: **Monday 02/10/17 at 2pm.**

Child's Name:..... Class:.....



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