



Guru Nanak Sikh Academy

Aspire ~ Acquire ~ Achieve

Founder: Sant Baba Amar Singh Ji

Chief Executive Officer: Mr Jaskamal S. Sidhu

Wednesday, 11th January 2023

Dear Parents/Carers

Healthy Eating Parent Workshop

"Research shows that children who maintain a healthy weight tend to be fitter, healthier, better able to learn and more self-confident, as well as reducing their chances of having health problems in later life."

On **Thursday, 19th January 2023, from 8:30 - 9am** in the HUB, we have an NHS school nurse coming in to deliver a healthy eating parent workshop.

The workshop aims to provide information on:

- what healthy eating is and how we can ensure children are eating healthily
- the negative effects on children's health and their learning, from not eating a healthy diet
- useful tips and recommendations on how to ensure children are eating healthily
- the importance of physical activity and managing screen time

There will also be some time to ask and answer any questions you may have.

We understand that your time is valuable, but we hope to see as many of you there as possible as we feel this will be a very informative and useful workshop

Yours faithfully

Mr Baxter
Year 4 Team Leader