

15<sup>th</sup> September, 2026

## Healthy Learning Healthy Lives Workshop 2026

Dear Parents/Carers,

We will be holding a Healthy Learning Healthy Lives Workshop for parents/carers on **Tuesday 22<sup>nd</sup> September**. This is our re-scheduled workshop from last academic year. The workshop provides an opportunity to find out what we do at school to promote healthy living, the importance of a healthy lifestyle and share current findings.

At the beginning there will be a short presentation on Healthy Learning Healthy Lives followed by the children joining us for 30 minutes to engage in a range of fun activities.

We are inviting one parent/carer to join their child for the workshop in the main Infant Hall. If you're unable to attend as a parent or carer, please don't hesitate to ask a trusted family member, such as a grandparent, to accompany your child instead.

Here are the timings:

| Tuesday 22 <sup>nd</sup> September |                     |
|------------------------------------|---------------------|
| Newt and Duck                      | Heron and Dragonfly |
| 9.00am – 9.45am                    | 2.15am – 3.00pm     |

**Please enter the school via the Poynings Avenue entrance and meet us in the school hall. Please make every effort to arrive on time and be prepared to stay for the full session.** Late arrivals or early exits cannot be accommodated.

If you have a child accessing one of our bases the base staff will discuss this event with you.

Thank you for your continued support and we looking forward to seeing on Tuesday 22<sup>nd</sup> September.

Yours sincerely,  
Carys Golding  
**Healthy Learning Healthy Lives Lead**



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