

Dear Parent/Carer,

Since the beginning of this term, our school has been enjoying several different activities as part of the University of Birmingham's WAVES study. The study is aiming to test a programme of activities designed to support children in keeping their weight at a healthy level by promoting healthy eating and physical activity. We have already started the physical activity programmes during the school day, which the children (and teachers!) are enjoying.

To encourage the children to eat healthily we will be running three cooking workshops over the year to encourage children to choose, prepare, cook and enjoy healthy meals. These interactive, fun sessions will involve games and activities, as well as teaching the children food preparation and cooking skills.

The topic of the first workshop is a healthy breakfast. To support the children's learning and to enable the whole family to benefit from this exciting session, we would like to invite a family member to attend the session which will take place on:

DATE AND TIME

We appreciate that this is during the school day and therefore it may be difficult for some parents/carers to attend, but we think that your child will really enjoy cooking and learning with you. They might even start to help out with meals at home! Grandparents, aunts, uncles or any other family member are very welcome to attend in your place.

Please return the reply slip below by **DATE** to indicate whether you will be attending.

Thank you.

Yours sincerely,

Child's name

Class:

I(NAME) will/will not be attending the cooking workshop on

DATE AND TIME

The following person will attend in my place:

Signed:.....

Dear Parent/Carer,

As part of the University of Birmingham's WAVES study which our school is taking part in, there are three cooking workshops throughout the year. Last term we looked at healthy breakfast, and this term we are looking at healthy snacks and packed lunches. The cooking workshops are interactive, fun sessions, involving games and activities, as well as teaching the children food preparation and cooking skills in a safe environment. All the ingredients and equipment will be provided at school. To support the children's learning and to enable the whole family to benefit from this exciting session, we would like to invite a family member to attend the cooking workshop on healthy packed lunches and snacks. If you cannot make it, grandparents, aunts or uncles or any other family members are very welcome to attend in your place.

The next workshop will take place on:

DATE AND TIME

A family member is very welcome to come along, even if it was not possible to attend the previous session on breakfast. We appreciate that this is during the school day and therefore it may be difficult for some parents/carers to attend, but we think that your child will really enjoy cooking and learning with you. They might even start to help out with meals at home!

Please return the reply slip below by **DATE AND TIME**

Thank you.

Yours sincerely,

Child's name

Class:

I(NAME) will/will not be attending the cooking workshop on

DATE AND TIME

The following person will attend in my place:

Signed:.....

Dear Parent/Carer,

As part of the University of Birmingham's WAVES study which our school is taking part in, there are three cooking workshops throughout the year. Last term we looked at healthy lunches and snacks, and this term we are looking at having a healthy evening meal. The cooking workshops are interactive, fun sessions, involving games and activities, as well as teaching the children food preparation and cooking skills in a safe environment. All the ingredients and equipment will be provided at school. To support the children's learning and to enable the whole family to benefit from this exciting session, we would like to invite a family member to attend the cooking workshop on having a healthy evening meal. If you cannot make it, grandparents, aunts or uncles or any other family members are very welcome to attend in your place.

The next workshop will take place on:

DATE AND TIME

A family member is very welcome to come along, even if it was not possible to attend the previous sessions on breakfast / lunch and snacks. We appreciate that this is during the school day and therefore it may be difficult for some parents/carers to attend, but we think that your child will really enjoy cooking and learning with you. They might even start to help out with meals at home! Please return the reply slip below by **DATE AND TIME**

Thank you.

Yours sincerely,

Child's name

Class:

I(NAME) will/will not be attending the cooking workshop on **DATE AND TIME**

The following person will attend in my place:

Signed:.....