



Dear Parents/Carers

Re: Coram Life Education Assembly and Free Workshop

The Reception and Year 1 classes really enjoy their visit to the Coram Life Education mobile classroom where they find out about their bodies, how to stay healthy and the importance of friendships.

There will be a special Coram Life Education free session for parents where you can find out more about how to help your children make healthy choices. There will be information and a chance to share and discuss ideas around healthy eating and ways to encourage positive behaviour at home with your children.

We want to put together the session that is the most interesting and useful for you. It would really help if you could fill in the questions on the tear-off part of this sheet and return it to your child's class teacher.

The assembly will be on 27th September starting at 9am

lasting approximately 1 hour.



Coram Life Education Assembly and Free Workshop: book your place here!

The survey questions below helps us to make sure that the workshop meets your needs.

Parents regularly tell us that they value opportunities to find out about and share tips on the following:

- ☐ five-a-day (at least!) portions of fruit and vegetables: what counts as a portion, putting fruit and vegetables into your child's diet.
- ☐ Encouraging children to behave well for more of the time.
- ☐ A balanced diet and the jobs each food group does for the body.
- ☐ The importance of being consistent and how to be consistent more of the time.
- ☐ Understanding and changing children's difficult behaviour at mealtimes.... and beyond.

Parents tell us these are the most common problems they face. Is there another problem you consider more important? If so, please state what it is:

Please return this section to your child's class teacher by 25th September

Many thanks for your help. We look forward to seeing you on 27th September

