

Tuesday 11th September

Dear Parent/Guardian,

As part of Active Sefton's new 'Active Schools' programme, we are excited to be working closely with KS1 pupils at **St Nicholas** to promote leading a healthy and balanced lifestyle. On **Thursday 20th September**, your child will have the opportunity to take part in a fun and interactive 'Healthy Eating Workshop' to raise awareness and learn about the benefits of a healthy balanced diet. The children will also have chance to help make and try a healthy fruit smoothie!

The Active School's team take food allergies and intolerances extremely seriously in the design and delivery of all our sessions. To help us ensure every child can fully participate in the workshop, please complete and return this form to your child's class teacher by **Wednesday 19th September**.

Kind Regards,

Nicola Kenny**0-19 Development Officer**nicola.kenny@sefton.gov.uk

0151 288 6282

Your child's name:

Gwen Vials Moore

Class:

RECEPTION**1. Does your child have any known food allergies or intolerances?**Yes ☒ (please provide information in the box below)No ☐

CANNOT TOLERATE DAIRY (COW'S MILK)

2. Are there any foods that your child cannot eat for any religious, cultural or lifestyle purposes?Yes ☒ (please provide information in the box below)No ☐

PEARS SEEM TO BE A MILD LAXATIVE AND SHOULD BE AVOIDED IF POSSIBLE