



November 17<sup>th</sup> 2015

Dear Parents and Carers,

I would like to inform you about a project that is going to run in school with the NHS.

It is a programme called **Fit 4 Health**. It will run for five weeks in school, (one morning a week for one hour). The Programme is for parents and their children who will work together to understand how to be a healthy eater and have a healthy life. This is a free programme and it is designed to have fun and learn about being healthy together. We all know that diet and exercise plays an important part in maintaining a healthy body, so this programme is for parents who would like to improve their child's eating habits.

This is what the programme looks like.

**Fit 4 Health Programme Format**

GROUP SESSION FORMAT	
0-30min	30-60min
Parents and Children	Parents and Children
Nutrition workshop and goal setting	Physical activity

<b>Course format</b>	
<b>Week 1</b>	Introduction to the programme – Eat Well Plate
<b>Week 2</b>	Where food comes from?
<b>Week 3</b>	Understanding Fats
<b>Week 4</b>	Understanding Sugars
<b>Week 5</b>	Label Reading & celebration games (bingo)

Please let the school office know if you are interested and I will contact you with more information in due course.

Desi Lodge Patch

Head Teacher:  
*Desi Lodge Patch*  
Deputy Head Teachers:  
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Assistant Head Teachers:  
*Evelina Dimopoulou*  
*Paul Talbot*  
*Pam Ash*



<b>Wednesday 9<sup>th</sup> December</b>	<b>Parents evening 3-7pm</b>
<b>Friday 18<sup>th</sup> December</b>	<b>Last day of term school closes at 1.30pm</b>
<b>Monday 4<sup>th</sup> January</b>	<b>First day of Spring term. Pupils in school.</b>