



**Tankersley St Peter's C.E. (A) Primary**  
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*"A love of learning developed in a Christian environment"*

Diocese of Sheffield | Barnsley MBC

10th June 2019

### HEALTHY EATING / LIFESTYLES WORKSHOPS

Dear Parents/Carers,

A whole school range of healthy eating/lifestyle workshops will be taking place to coincide with 'Healthy Lifestyles' week (17th -21st June 2019). The workshops will be delivered as follows:

- Nursery and Reception (AM), Year 1 and 2 (PM) workshops on Monday 17th June
- Year 3 and 4 (AM), 5 and 6 (PM) workshops on Tuesday 18th June.

Each class will be taking part in an age appropriate workshop, covering topics such as healthy foods, counting sugar cubes linked to various foods, introducing new vocabulary (protein, fats, carbohydrates), proportions of different food groups on a plate and snacks. Some classes will be using I pad bar code scanners to reveal food packaging contents and for Year 6 there will be related discussions around transitions to high school. Public health nursing and a Public Health PHD student (Barnsley Authority) will be delivering the age appropriate activities. Each class will also be having a Tesco representative to offer the children a range of healthy savoury and fruit food tasting opportunities.

#### IMPORTANT NOTICE ON FOOD ALLERGIES

Specific food allergies across school have been noted and acted upon in the planning of our healthy eating workshops but if you would prefer, please feel free to supply your child with their own home prepared foods. If you have any queries, please contact the school office or come to see me directly.

If you feel that there is any information that we need to know about your child in relation to food, before the workshops, please contact myself and your child's class teacher. If you would prefer for your child not to take part in the workshop, again, please contact myself and your child's class teacher. Thank you.

#### FOOD PACKAGING WITH BAR CODES

For the bar code food scanning activities, we will be needing lots of empty food packaging (with bar codes on). We will need some healthy and not so healthy packaging to show the children the differences in their nutritional values (the contents of multipacks will not have bar codes). Please start sending empty food packaging to school as soon as possible, prior to the workshop dates-place your packaging in the hall box, outside Reception class cloakroom.

Thank you for your continued support,

Mrs Hartley (PHSCE Co-ordinator)

