



20th April 2017

Dear Parents/Carers,

Children's Health and Monitoring Workshop

The Children's Health and Monitoring Programme (CHAMP) was introduced into Manchester Schools in 2013 to provide feedback to parents about their child's health development and to reduce childhood obesity.

Most children in the UK maintain a healthy weight throughout childhood. At Oswald Road we feel it is important that our children continue to grow within the healthy range, by eating well and staying active. To encourage families to adapt to and maintain a healthy lifestyle, we have invited Sarah Harty, a Senior Community Nutritionist at CHAMP to come into school to deliver a workshop about healthy meals and snacks.

The workshop will take place on **Wednesday 3rd May** from **9.15am-10.00am**. This workshop is open to parents/carers of children from all year groups, and you will have the opportunity to ask questions about health and nutrition. Please indicate on the reply slip below to indicate if you are able to attend, and return it to the school office by **Thursday 27th April**.

If you are unable to attend the meeting and would like information regarding the programme, please contact Lisa Cameron or Debbie Carter.

We look forward to seeing you at the meeting.

Kind regards,

Lisa Cameron
Family and Children's Support Coordinator

Children's Health and Monitoring Workshop

Child's Name: _____ Class: _____

I would like to attend the CHAMP parent workshop on 3rd May []

Signed: _____ (Parent/Carer) Date: _____



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