

I am delighted to let you know that **Archibald Family Support** will be taking part in Healthy Eating Week from **3rd to 7th June 2013**. Launched by the British Nutrition Foundation, the aim of the week is to promote healthy eating, being active, learning about where food comes from and cooking.

To support this **Archibald Family Support** will be hosting the following activities in the school portacabin

Healthy Family Workshop

Becoming Mindful about your Health

Simple tips for making Great Changes

Healthy Living practices

Wednesday 5th June 2013

9.15-10.15

Preschool Play Session

Vegetable Printing, Food Tasting, Salad Growing, Stories, Songs and Rhymes

Wednesday 5th June 2013

9.15-10.15

School Nurse Drop In

Healthy Packed Lunches

Thursday 6th June 2013

2.45-3.15

Healthy School Lunches

Road show and Tasting

Thursday 6th June

2.45-3.15

School Nurse Drop In

Deb Tulip will be available to answer any questions and offer advice about eating healthily

Friday 7th June 2013

8.45-9.30

