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Head Teacher: Miss P. Wilson



10/06/2019

Dear parent/carer,

We are pleased to offer Year 1 – 6 parents and children a **free course** offered by Manchester City/City in the Community, entitled City Lifestyles.

This is a 6 week course, which will focus on preparing affordable, healthy meals. Looking at budgeting and food awareness, as well as portion sizes and price per portion. All the ingredients are provided free of charge and you get to take the finished product home!

You and your child will attend the course together, here at school.

The course will run from Monday 17<sup>th</sup> June 2019.

There will be two sessions.

Session 1 13:30 – 15:00

Session 2 15:00 – 16:30

If you would like to book this course please complete the form overleaf.

As a Healthy School we feel this is a fantastic opportunity for parents/carers to become more involved in helping their children to choose a healthy lifestyle.

Miss Jackie Melling  
Parent Support Advisor

[j.melling@abbott.manchester.sch.uk](mailto:j.melling@abbott.manchester.sch.uk)

0161 834 9529

**Places are limited and will be allocated on a first come first served basis.**  
**If you would like to book a place on the course, please return the slip below.**

**City Lifestyles**

I would like to book a place on the course starting on Monday 17<sup>th</sup> June 2019

Name.....

Child/children's name.....

Class.....

Session 1            13:30 – 15:00           

Session 2            15:00 – 16:30           

**Please indicate which session you prefer.**