



Howard Primary School

25th May 2022

HEALTHY LIVING WEEK 7th – 10th June 2022

Dear Parents/Carers,

During the week beginning the 7th June, the school will be taking part in a variety of activities that will encourage people to lead a healthy life.

We would like to invite you to a fitness session for both you and your child after school on Tuesday 7th June 2022.

The session is free of charge and will run from 3.30-4.15pm in the Dining Hall.

This will be a great opportunity to take part in something a little different with your child as well as show your child the importance of exercise both on our mental health and physical health.

Please email the school office if you would like to participate as numbers will be limited.

Many thanks

Miss Handley
Deputy Head

Parent and Child Fitness Class on Tuesday 7th June 2022

Please return to the school office via email to: office@howard.croydon.sch.uk on or before Monday 6th June 2022

Child's Name: _____

Class: _____

(If you have more than one child attending Howard Primary, please provide the name of your youngest child)

I would be interested in attending the parent and child fitness class.

Signed: _____

Date: _____



Head Teacher: Jackie De Saulles (B.Ed.)
Telephone: 020 8688 4216
Email: office@howard.croydon.sch.uk
Website: www.howard.croydon.sch.uk



Howard Primary School

HEALTHY LIVING WEEK

7th – 10th June 2022

During Healthy Living Week, we would also like to run a Parent and Child Smoothie Making Morning.

The Smoothie Making sessions will run on the following mornings:

Reception and Year 1	Tuesday 07/06	8.20-8.45am
Year 2 and Year 3	Wednesday 08/06	8.20-8.45am
Year 4 and 5 and 6	Friday 10/06	8.20-8.45am

The smoothie making will take place in the assembly hall and both parents and children will be able to try the smoothie once it has been made.

The school will be providing the following ingredients:

- Frozen fruit (including berries, strawberries, raspberries)
- Natural yoghurt
- Milk
- Honey

If you would be interested in attending in the smoothie making, please could you return the reply slip so that we know how much food we should purchase.

Many thanks,
Miss Handley

Smoothie Making Session

Please return to the school office via email: office@howard.croydon.sch.uk on or before Thursday 26th May 2022

I am interested in attending the smoothie making on (please indicate with a tick):

Reception and Year 1	Tuesday 07/06/2022	<input type="checkbox"/>
Year 2 and Year 3	Wednesday 08/06/2022	<input type="checkbox"/>
Year 4 and 5 and 6	Friday 10/06/2022	<input type="checkbox"/>

Signed: _____

Date: _____



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