



Y3 Parent Nutrition Workshop

Next Thursday (4th May) Y3 children will be having a nutrition workshop with Sophie Devenish, former **Olympic swimmer**!

During the session they will be learning about how food fuels our body and they have the opportunity to hear first hand from a world-class athlete how this supports intensive training.

After the pupil session, Sophie will be running a short **parent workshop** (Y3 children whose parents join us will stay as well to share what they have done in the pupil session) with opportunity for questions and answers!

Please come to Miss Sambrook's classroom at 3.15pm on Thursday if you would like to join in this session.



Thursday 4th May 2023
3.15pm – 3.45pm

