



Shenley Fields Daycare and Nursery School Family Cooking Sessions

We are pleased to invite families to join our Startwell cooking sessions, led by our Startwell Provision Leads.

Session dates: • Monday 8th June 2026 • Tuesday 9th June 2026 • Thursday 11th June 2026 • Friday 12th June 2026

Time: 9:15am – 10:30am

Each child must be accompanied by an adult. All ingredients, aprons and cooking utensils will be provided by Shenley Fields.

During the sessions, we will explore healthy foods, learn about the Startwell characters and their healthy messages, and demonstrate how cooking activities support children's learning and development.

Every family will receive a certificate of attendance and will be able to take home the food they make.

If you would like to attend, please speak to reception.

For further information, contact **Lynsey** or **Sara**.

Children should be eating 'me size meals'.

Micky Me Size



Come along and learn new skills

Sammy Skills



Eat 5 portions of fruit and vegetables every day.

Fay 5 a Day



Article 24: I have the right to good quality health care, clean water and good food.

