



## Shenley Fields Daycare and Nursery School Family Cooking Sessions

We have planned cooking sessions for families to join in with their children here at Shenley Fields, delivered by our Startwell Provision Leads.

Cooking sessions will take place on: **Monday 9th June, Tuesday 10th June, Thursday 12th June and Friday 13th June 2025.** These sessions will start at **9.15 am** and **finish at 10.30am**. Your child must be accompanied by an adult to attend these cooking sessions. Shenley Fields will provide ingredients, aprons and cooking utensils.

We will be exploring healthy foods, learning about the Startwell characters and their healthy messages and demonstrating how such cooking activities can help your child's learning.

Each family will receive a certificate of attendance and you are also able to take home the things that you have made.

If you would like to attend a cooking session with your child, please ask at reception. For further information please speak to Lynsey or Sara. Thank you.

Children should be eating 'me size meals'.

**Micky Me Size**

**Sammy Skills**

Come along and learn new 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.

