

Thames View Infants



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30th January 2023

Dear Parents/Carers;

Fussy Eaters Workshop

We are thrilled to announce that we are working in partnership with the Healthy Lifestyle Team at Barking and Dagenham, and they have kindly offered to hold a Fussy Eaters Workshop in school on **Monday 6th February 2023 at 9am.**



This will be a 90-minute workshop where you will be given lots of advice on how best to support your child who may find meal times a challenge.

We work really hard with the children in school, and run lunch clubs for those children who just need a bit more support choosing and trying new foods. This workshop will help you support your child even further at home and give you the confidence to know you are supporting them in the best way.

If you have a child who is a picky eater, struggles to try new foods, refuses fruits and vegetables, or any other concerns, please come along and they will be able to answer any questions you may have.

We look forward to seeing you there.

Yours sincerely,



Emma Murphy
Family Support Advisor



We're a PAPERLESS School – so you must download & register your **ParentMail App** to receive e-newsletters, to book after-school clubs & Parents' meetings or to confirm consent for educational visits.