

Thames View Infants



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09 October 2026

Dear Parents and Carers,

School Nurse Drop-In- Coffee Morning

We are delighted to invite you to our first **School Nurse Drop-In Coffee Morning** of the new academic year.

We will hold these sessions every month and each time we will focus on a different topic that we feel will most benefit our families.

Please join us on Thursday 15th October from 8:45am.

This session will focus on 'picky eating', food aversions and how we can support children to develop a positive relationship with food.

We know that mealtimes can sometimes feel challenging, especially when children have strong food preferences, refuse unfamiliar foods or become anxious about trying something new.

This is a lovely opportunity to:

- Enjoy a coffee and have an informal chat with our school nurse.
- Learn more about why some children struggle with certain foods.
- Pick up practical tips and strategies to support your child at home.
- Share experiences, ask questions and connect with other parents in a welcoming, supportive environment.

No question is too small, and there is no judgement — just a chance to learn, share and explore ways to make mealtimes a little easier for everyone.

We hope to see you there, and as always if you have any concerns or questions, please come in and see us.

Yours sincerely,

Emma Murphy | *Inclusion Officer*

