



wildernschool

C. Oakley BA Hons PGCE NPQH Headteacher

Wildern Lane  
Hedge End  
Southampton SO30 4EJ  
T: (01489) 783473  
E: wildern@wildern.org

S. Mann CEO

NMK/tp

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Dear Parent/Guardian

## **Healthy Eating & Affordable Nutritious Meals - Thursday 6 June 2024** **VENUE – School Hall @ 6pm**

Every year Wildern School holds a series of Parent Information Evenings, formerly called WINK's.

Our event this month will share more about the importance of fuelling our bodies with a balanced diet whilst we explore the themes celebrated during the British Nutrition Foundation's 12th annual Healthy Eating Week. We will also share tips for planning quick, affordable and nutritious family meals.

**The evening is open to parents and students and will begin at 6:00pm in the School Hall.**

If you would like to attend this session then please register your interest using the link below to visit the Eventbrite page [HERE](#)

We look forward to welcoming as many parents as possible to what we hope will be a helpful and informative evening.

Yours sincerely

**Miss N King**

Subject Learning Co-ordinator - Design & Technology

