

07/09/2018

Dear Parent/Carer,

We are writing to you on behalf of Mytime Active about our exciting MEND in Schools programme which we are delivering in St. George's Hanover Square Primary School. Our Mind, Exercise, Nutrition...Do it! (MEND) sessions provide nutritional information and food exposure alongside fun games and activities to encourage everyone to lead a healthy lifestyle.

Our names are Taybah and Nick and we will be working with your child's class every Friday this term.

Alongside our weekly sessions with your child's class, we will be leading **Free Family Workshops** throughout the school year. Our Family Workshops are a great opportunity to find out more about the topics your child's been learning about in their MEND classes and will take place after school. Look out for your invitation to our first workshop soon!

Keep an eye out for the MEND in Schools **healthy notice board** around your school that provides you with helpful and fun information on our weekly challenges, recipes to try, and much more.

If you want to know more or you have any queries, please don't hesitate to contact the team on 020 3795 9346. We look forward to meeting you all soon.

Healthy regards,

Taybah Malik

Nicholas Bus-Sam

Nutritionist

Physical Activity Leader

Twitter: @MytimeActiveLDN

Instagram: mytimeactivedn

YouTube: search 'Mytime Active London'

