

People Directorate

Head Teacher

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4th November 2019

Dear Parent/ Carer

I am currently a University student studying Childhood studies. During my time on placement at Dailly Early Years Centre, I have been asked to carry out a project to promote Health and Wellbeing. I have chosen to develop diet and nutrition within the Early Years Centre, as this is an area that the whole school are developing.

To promote this I will be finding out what foods the children think are healthy. Afterwards I will be working with the children to identify healthy and unhealthy foods - this will lead to discussions with the children on the impacts of healthy and unhealthy foods on their bodies. Lastly I will be making healthy snacks with the children taking into account their likes and dislikes with the aim to encourage them in trying a wide range of healthy foods, this will be in correspondence with Setting the Table guidelines and the Eat well Plate resource. During this week in the Early Years Centre you will see a display that showcases children's learning throughout the experience including children's voice.

I would greatly appreciate if at home you could encourage the children to recognise healthy and unhealthy foods during meal preparation and daytime snacks. If you are able to give feedback on the healthy choices your child has made, there will be opportunities to write these down and you can add this to our parent feedback poster which will be located within the cloakroom area. Thank you for your cooperation and support, I look forward to hearing all about your healthy eating experiences at home.

Many Thanks

Yasmin McMillan
Student

