



Come to our Healthy Picnic



Thursday 15th June

Time - 12-12:45

Bring a packed lunch from home or order a school lunch (chicken or cheese sandwich) and join in with our whole school healthy picnic as part of our health week.

When you pack your lunch:

- include healthy foods to create a balanced lunch
- think about how far the food has travelled to get here and try to shop locally
- consider how much rubbish it will create and try to reduce the packaging as much as possible.

Mums, dads, grandparents, brothers and sisters are all invited to join us.

Don't forget your picnic blanket!

