



St Catherine's Catholic Primary School

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Dear Parents / Carers,

At St. Catherine's, we are excited to work with the [Prept Foundation](https://prept.foundation) to give our children fun, hands-on cooking and food education experiences. The programme will help our children to develop confidence, teamwork, creativity and important life skills through practical activities linked to food and healthy eating.

There will be three sessions for Year 4, Year 5 and Year 6, taking place after half term on the following dates:

- Wednesday, 3 June
- Tuesday, 16 June
- Wednesday, 24 June

Throughout the sessions the children will learn about where food comes from, explore different tastes and ingredients and practise safe cooking skills. The programme also encourages positive relationships with food, communication skills and the enjoyment of cooking together.

The Prept Foundation's aim is to inspire children to feel confident in the kitchen and develop skills that are "ready for life."

Here is the link if you would like to find out more: <https://prept.foundation/what-we-do/primary/>

Yours sincerely,

Mr Langlois

Lower KS2 Phase Leader & Year 6 Class Teacher

Sustainability, Reading & PE Lead

