



St Catherine's Catholic Primary School

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Dear Parents / Carers,

During our **Aspirations Week**, in the last week of term, pupils will be learning about healthy lifestyles and taking part in lessons and workshops. On Tuesday 15 July pupils in Year 3 will be making salad using the following ingredients:

Lettuce
Cucumber
Tomato
Sweetcorn
Chickpeas
Peppers
Spring onions
Celery
Balsamic vinegar

We are also looking for some parent volunteers to come and help us in class with our salad making during the afternoon on Tuesday 15 July.

Please use the form below to give permission for your child to take part in this class activity and let us know of any dietary requirements and if you are available to help.

If you have any questions, please come and see me.

Yours sincerely,

Mrs Robertson
Class Teacher

Child's name: _____ Date: _____

I give permission for my child to take part in the salad making activity using the ingredients in the list above. ☐ YES ☐ NO

I am available to help on the afternoon of Tuesday 15 July. ☐ YES ☐ NO

Name of adult offering to help _____
(If you are able to help, I will get back to you to confirm details if you are needed, thank you.)

Dietary Requirements:

Parent/Carer Name: _____ Signature: _____

