



St Catherine's Catholic Primary School

Highdown Drive, Littlehampton, West Sussex BN17 6HL

Tel: 01903 716039

Website: www.st-catherines.w-sussex.sch.uk

Email: office@st-catherines.w-sussex.sch.uk

16 June 2025

Dear Parents / Carers,

Year 4 Cooking Afternoon - Friday 20 June from 2pm to 3pm

On Friday 20 June Year 4 will be making flapjack and smoothies with the following ingredients.

Flapjack

Porridge oats

Butter

Brown Sugar

Golden Syrup

Chocolate

Smoothie

Blackberries

Strawberries

Blackcurrants

Redcurrants

Banana

Natural Plain Yoghurt

Milk

Please complete the permission form below and let us know of any dietary requirements by 9am on Thursday 19 June. Parents and carers are also very welcome to join us on Friday from 2pm to 3pm for our cooking afternoon.

We look forward to seeing you there.

Mr Ryan

Class Teacher

Child's name: _____ Date: _____

- ☐ I give permission for my child to take part in the cooking activity using the ingredients in the list above.
- ☐ I give permission for my child to try the flapjack and smoothie.

Dietary Requirements

Parent/Carer Name: _____ Signature: _____

