

# Nutrition Workshops with Andrea, our registered school nutritionist



Andrea shall be holding some more informal drop-in sessions at Surlingham House over the coming months. The next dates are ...

**February 5th and March 25th**

The dates shall also be advertised on the PFA's social media pages and the school's website.

We really hope that you are able to come along, it's a good way to learn about food and also a great way to meet other parents and carers too.

The sessions can be tailored to meet the needs of each group and if you have any areas of interest or things that you would like to find out more about, regarding diet and/or nutrition, please email Emma Blake, (school's Community Development Co-ordinator) on [emma.blake@parksidemail.co.uk](mailto:emma.blake@parksidemail.co.uk) She will pass on your requests to Andrea who will try to cover them in her next session.

**Upon arrival, please sign in first at the school reception to get your visitors badge, thanks.**