



Knights Enham Junior School

King Arthurs Way, Andover, SP10 4BS

T: 01264 394777

E: adminoffice@knightsenham-jun.hants.sch.uk

W: www.kejs.org

Headteacher: Mr D Whitehouse BA(Hons)

Andover Good Grub Clubs

Dear Parents,

Andover Good Grub Clubs is a new 20-month project supported by the NHS, run by the Light House Project at St Marys Church Andover and funded by a grant from Simply Health.

The aim of Good Grub Clubs is for parents and children to have an opportunity to have fun together and to cook and eat fresh healthy food that is locally and sustainably sourced. These Clubs are supported by a group of friendly volunteers and led by the Lighthouse Food Lead.

The project is hoping to set up two clubs in Andover from this autumn. The aim is to make these clubs sustainable, useful, and fun by listening to parents' and children's views on how they would like to see these clubs develop, what they think would be most helpful and most enjoyable to learn together. If parents would like to help run and shape the clubs – this would be most welcome too. We aim to use healthy locally sourced food - including any healthy food surplus - whenever possible.

To kick-start this project, we will be holding Good Grub sessions after school in the creative room for an hour on the following dates. These sessions will start after school at 3:10pm.

- Monday 5th June
- Monday 12th June
- Monday 19th June

At the sessions we will cook and eat some healthy snacks. Younger and older children are also welcome to come along and join in in the session. At the session children and parents will be able to make and eat some healthy snacks.

The team would like to find out whether the session was useful and enjoyable. They would like to hear about any ideas people have for eating healthily as a family.

There is no need to bring anything to the session and as a thank you each family will receive a goody bag to take away.

If you are interested in joining the session, please can you confirm how many children and adults would be attending. Please let us know about any dietary allergies.

Kind regards,

NHS team

At Knights Enham Junior School we provide...

Inclusive and ambitious learning experiences where our school community feels safe and motivated to achieve their best.

'Together We Achieve'

