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Headmistress: Mrs Rebecca Dougall BA MA

8 June 2018

Dear Parents

Healthy Eating Week and Bake-it competition

Students in Years 7–9 will be participating in BNF Healthy Eating Week in their Food & Nutrition lessons from Monday 11–Friday 15 June.

The purpose of the week is to raise awareness of healthy eating and drinking, cooking, where food comes from and being active to promote key health messages and habits to young people.

We will be trying some of the BNF Healthy Eating Week challenges during the week.

These are:

- have breakfast
- have five a day
- drink plenty
- get active
- make a change

You can support your daughter with the challenges by trying some of them at home as a family.

During the week, Year 7 will be preparing 'eatwell salads in a jar', Year 8 will be cooking a healthy fish dish or testing out low sugar snacks and Year 9 will be preparing a colourful and nutritious Mexican meal.

Abingdon Food Festival Bake-it competition

After much St Helen's success in previous years, I would invite students to enter the Bake-it competition, which will be judged on Saturday 23 June at the Abingdon Food Festival. If students would like to enter please come and see me in the Food & Nutrition Department.

This year's theme is to design and decorate a cake based on a favourite book and consideration should be given to making cakes healthy. A labelled drawing of the cake is also required. Students can collect more details from me in the Food & Nutrition room.

Transporting the cakes will be the responsibility of students and their family as this is not a school event. The finished cakes need to be at the 'Star Pavillion Demonstration Marquee' at Rye Farm Meadow on Saturday 23 June by 12.30pm.

I hope we are able to showcase some brilliant baking!

Yours faithfully

Mrs B Alpers
Head of Food & Nutrition
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