



**Dear Parents,**

On the 1st and 3rd of July we had the pleasure of visiting Hamp Infant School and nursery for a healthy eating taster session. The children were enthusiastic and curious—they sampled a variety of foods and especially loved tasting the fresh fish! This is a part of a healthy eating project funded by Hinkley point community fund.

We hope you and your child want to learn more about fresh fish! During the summer holidays, we're inviting **you** to join us for a **Family Fishing Day at Stream Farm**. Parents and children can enjoy a fun day out in nature: catch fresh fish from the lake, learn how to gut and cook it, and best of all—take a fish home to prepare together as a family.

For children on **benefit-related Free School Meals**, this activity is **completely free**, thanks to funding from the **Happy, Healthy Holidays** programme. Sessions are available on **Friday 15th August** or **Wednesday 27th August**. A few spaces are also available for our **Children's Cooking Club**.


👉 **To book**, please ask your school for a **booking code** and register on: [www.playwaze.com](http://www.playwaze.com) — Search for *Live Naturally CIC* or *Family Fishing*.

If your child is **not entitled to Free School Meals**, you can still join us by booking a space at: [👉 www.livenaturally.org.uk](http://www.livenaturally.org.uk)

## **Free Online Parent Webinar**

Healthy eating is key to your child's health, learning, behaviour, and sleep. *Live Naturally CIC* is offering a **free online session for parents**, fully funded by the **Hinkley Point Community Fund**.

**Webinar:** *How Food Affects Children's Health, Behaviour, Sleep and Mood*

 **Tuesday 22nd August at 11am** You can attend live or receive a recording:

[https://www.solveigcurran.com/webinar\\_registration\\_english](https://www.solveigcurran.com/webinar_registration_english)

## **Summer Holiday Challenge**

All children took home an **Eat Well Plate** and are invited to take part in our summer competition:

🌿 Eat **30 different plants** and **5 different protein-rich foods** to enter a prize draw to win **£20!**

<https://www.livenaturally.org.uk/30-a-week-challenge>

We hope to see you at one of our healthy eating events this summer!

**Kind regards,**  
**Solveig Curran**  
*Live Naturally CIC*