



# Stoke Mandeville Combined School

*Caring, Inspiring and Achieving Together*

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Dear Parents and Carers,

In our Skills for Life lessons, Year 3 will be learning all about healthy lifestyles and how habits can have both positive and negative effects on our lives. We will be exploring how regular exercise benefits mental and physical health and identifying some of the risks associated with an inactive lifestyle. Towards the end of the Spring term Year 3 hope to cook and sample a vegetable soup linking to this learning.

We have checked the records that we hold about your child's dietary requirements and will take these into account. However, if you have any concerns or think the information we hold may not be up to date, please contact the school office so that we can make the appropriate arrangements for your child and update their records accordingly.

The ingredients we will be using in our soup are olive oil, onion, carrots, garlic, broccoli, cauliflower, fresh tomatoes, vegetable stock, Italian seasoning, salt and black pepper.

We are trialling the use of online forms as part of our new website, please complete the permission form at <https://www.stokemandeville.bucks.sch.uk/form/?pid=2&form=18> so that your child can participate in both the cooking and sampling of the soup.

Kind regards

Miss E Smith

Year 3 Class Teacher

