

Parental Guidance Recommended



Food provides children with energy for learning and playing, nutrients for a healthy growing body as well as a wonderful variety of tastes and textures for enjoyment.

A healthy diet, healthy body weight and regular physical activity reduces the risk of developing chronic diseases, such as **some cancers, diabetes and heart disease.**

As parents and carers we want the best for our children, including a good diet and a healthy lifestyle. Good food and regular activity provide children with the energy they need for learning, playing and growing.

How do we convince them to eat healthy food, turn off the TV and get active?

The Cancer Council WA has developed a series of nutrition and physical activity workshops which aim to improve the nutrition and physical activity levels of children aged 2-12 years. **Workshops are free of charge.**

As part of the Healthy Kids Healthy Families project , Cancer Council will be offering Workshop A and B during Term 2 to the parents of Canning Vale PS Campbell PS, Excelsior PS and Ranford PS. We will run Workshops C, D and the supplement workshop later in the year.

If you are interested in attending workshop A or B (or both), please complete the slip below and return it to your school reception. Workshops will be held on each school 's premises.

Workshops (Dates to be advised)
A: Healthy Eating, Healthy Behaviours Learn about children's needs for growth and wellbeing, eating behaviours, fussy eating and taking the mystery out of reading food labels. <i>All attendees receive a free shopping guide wallet card</i>
B: Spending Food Money Wisely Come and find out how a healthy diet can save you money!

For more information please contact Brenda Cheveralls , Healthy Kids, Healthy Families Project, on 9456 8300

Parental Guidance Recommended Workshops

I would like to participate in the nutrition and budgeting workshop, run by Cancer Council WA. To be held during Term Two of the school calendar. Dates to be advised when numbers are confirmed (Please circle)

Workshop A: **Healthy Eating, Healthy Behaviours**

Workshop B: **Spending Food Money Wisely**

Please circle your preference to times:

Morning session (straight after dropping my child off)

Afternoon/ Early evening session (preference to time: _____)

Full Name _____ Signature _____

School _____ Daytime Phone number/mobile _____