

23rd September 2026



Kents Hill
Junior School

Dear Parent/Carers,

Re: DT Food Workshop – Thursday 8th October 2026

Dear Year 6 Parents and Carers,

We are excited to let you know that Year 6 will be taking part in a **DT Food Workshop Day** where the children will develop their cooking skills and explore the importance of healthy eating, sustainability, and food culture.

Throughout the day, the children will be making:

- a fresh tomato pasta sauce from scratch
- a colourful vegetable noodle soup
- a vibrant, creative salad

To help make the day a success, we would be very grateful for parent volunteers. If you are able to assist in your child's class, we have two time slots available if you can help at either, or both:

- **Morning session:** 9.30am – 12.00pm
- **Afternoon session:** 1.00pm – 2.30pm

Alongside practical cooking, the children will also be learning about:

- the environmental benefits of making fresh food, such as lowering our carbon footprint and supporting locally grown produce
- the health benefits of nutritious meals
- cultural links, including the origins of pasta and noodles, and how different foods are associated with medicinal qualities
- key cooking skills such as chopping, dicing, grating, boiling, steaming, sautéing and food presentation

To support the workshop, we kindly ask for the following items to be sent in from home:

- **Circular cooking cutters** (to help arrange food attractively on plates)
- **Any suitable leftover vegetables or salad items** from your fridge during the week of the workshop. These will be used for the raw salad, as part of our focus on making healthy meals while reducing food waste. (Even small items such as half a courgette or a piece of broccoli will be greatly appreciated!)

Please let the school office know by **Monday 28th September** if you are available to help. Your support will make this hands-on day both enjoyable and memorable for the children.

Thank you in advance for your generosity and involvement.

Kind regards,

Miss Cartwright and the Year 6 Team

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Headteacher: Miss Joanne Parkes



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