



# Kents Hill Junior School

Kents Hill Road, Benfleet Essex SS7 5PS  
Telephone: 01268 792133 Facsimile: 01268 795357  
e-mail: [admin@kentshill-jun.essex.sch.uk](mailto:admin@kentshill-jun.essex.sch.uk)

Head of Academy: Miss Joanne Parkes



1<sup>st</sup> December 2025

## Re: DT Food Workshop – Tuesday 13<sup>th</sup> January 2026

Dear Parent/Carers,

We are excited to let you know that Year 5 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. Our learning question is 'What can you learn from different cultures' diets?'

Throughout the day, the children will be making:

- a vegetable stir fry
- summer rolls
- Bombay potatoes

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:** 9.15am – 12.00pm
- **Afternoon session:** 1.00pm – 2.30pm

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

- the health benefits of nutritious meals.
- cultural links and how different foods are associated with medicinal qualities
- key cooking skills such as chopping, dicing, grating, boiling, steaming, sautéing and food presentation

Please let the school office know by **Tuesday 6<sup>th</sup> January** 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 Roberts and the Year 5 Team

### ***Learning ~ Friendship ~ Safety ~ Success***

***At Kents Hill Junior School we are committed to safeguarding and promoting the welfare of children, and we expect all staff and volunteers to share this commitment. Designated Safeguarding Lead – Miss Joanne Parkes***

*Academy Trust (Registered in England) – Company Number 7804282*

*Reg. address: Kents Hill Junior School, Kents Hill Road, Benfleet, Essex, SS7 5PS*

