

You're invited!



# Market Rasen C of E Primary School



## PARENT DROP-IN SESSION



Pop in, have a chat and get helpful tips to support your child's wellbeing.



WEDNESDAY  
20TH  
MAY



1.30PM

Drop in from 1.30pm and stay for as long (or as little) as you'd like.

### SESSION TOPIC

## SLEEP & NUTRITION

Ali from the Schools and Food team will lead a friendly session for parents focusing on how sleep and nutrition can support your child's health, learning and wellbeing.



**ALL PARENTS  
WELCOME!**

Come along, ask questions, share ideas and connect with other parents.

Drop in and out throughout the session – everyone is welcome!



We look forward to seeing you!

