

Dear Families,

The Islington School Health Team are running health promotion sessions on **Mondays** and **Thursdays** at **16:00** via Zoom for parents to attend.

We have altered the times due to parents/carers home schooling children and not being able to access sessions.

**New session times are: Mondays - 4pm and Thursdays - 4pm**

### **How to maintain healthy diets for children during lockdown**

#### **Monday –**

##### **Maintaining a Healthy Diet during Lockdown:**

- **1<sup>st</sup> Feb, 2021 16:00**
- **8<sup>th</sup> Feb, 2021 16:00**

Join Zoom Meeting:

<https://zoom.us/j/95179626490?pwd=c3lURGZMK2JCeUZ0aUx2eDEvbDhzUT09>

#### **Thursday –**

##### **Maintaining a Healthy Diet during Lockdown**

- **4<sup>th</sup> Feb, 2021 16:00**
- **11<sup>th</sup> Feb, 2021 16:00**

Join Zoom Meeting:

<https://zoom.us/j/91754030957?pwd=U1ltL0sycWN4WEFzcUhGQ0JpcVRnQT09>

We hope that these sessions will provide a safe space for parents to have any questions answered and reassurance provided for any concerns/anxieties they may have, considering the times and season we are in. Topics of these sessions can change over the weeks at parents' request e.g. on bedwetting or emotional wellbeing.

Please see further meeting details for the sessions in the attached document. For more information or if you have any questions, please do not hesitate to get in contact with the Team.

**Please forward this email to parents and carers for them to access zoom sessions..**

Thank You