



Our Lady of Peace Catholic Primary and Nursery School  
'With Christ in our hearts, together we grow'

Tuesday 5<sup>th</sup> February 2019

Dear Parent/Carer,

This term, in their Design and Technology lessons, the Year 6 pupils have been learning to:

- Understand and apply the principles of a healthy and varied diet.
- Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

To complete their unit of work, the children will be cooking healthy stir- fries. The dates are as follows:

- Mr Phelan's class: Monday 11<sup>th</sup> February 2019
- Mr O'Keeffe's class: Tuesday 12<sup>th</sup> February 2019
- Mr Head's class: Thursday 14<sup>th</sup> February 2019

When it is your child's turn to cook their stir- fry, please could they bring **at least 4 items** from the list of suggested ingredients, below:

**onion, carrot, sweetcorn, broccoli, mushroom, courgette, bell pepper, peas, noodles, beansprouts.**

Ingredients should be brought to school in sealed containers. The children will chop the ingredients themselves, under the supervision of a member of staff. All cooking equipment will be provided by the school.

We are a nut-free school, so please do not supply your child with any nut-related ingredients.

Yours faithfully,

**Mr T Head**

**Assistant Head teacher.**

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*In partnership with The Diocese of Northampton  
and Slough Borough Council, Department of Education  
Our Lady of Peace Catholic Primary and Nursery School has a commitment to safeguarding  
and promoting the welfare of children*