



January 2024

Dear Parent/ Carer,

Year 8 Seaford Head School Family Cook-along

We are very pleased to invite you and your child to our 'cook-along' event at Seaford Head School on Wednesday 31 January at 3.00pm.

The purpose of the event is to prepare and cook a two-course meal together, with the opportunity to join with staff, other parents/carers and children to eat and celebrate what you have made.

All ingredients, equipment and drinks for the event will be provided. The two-course meal will be:

New Year themed menu

Main course:

Chicken and Vegetable Tagine with lemon and coriander couscous

Dessert:

Apple upside down pancake and fresh cream

The cooking will take place in the Food Technology room at the Steyne Road site, followed by a sit-down meal and drinks. The event will finish by 6.00pm.

Parents have the opportunity to come along at 3.00pm to cook with their child or to come at 5.00pm to share and eat the dishes that your child has made.

We are very much looking forward to welcoming you at this event. Please complete the Microsoft Office form here to confirm whether you will be able to attend:

<https://forms.office.com/e/P9g1ev25rn>

We are more than happy to cater for any alternative diets, please state any allergies or intolerances on the form. Please do let us know if you are not able to attend as places are limited and we would like to offer the opportunity to other families.

Yours sincerely,

V. Feneron

Mrs V. Feneron

Head of Food and Nutrition

Seaford Learning Trust

Mr R Ellis, Headteacher

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