

Spring 1

| | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
|------------------|---|--|--|--|--|--|
| Monday | 06-Jan | 13-Jan | 20-Jan | 27-Jan | 03-Feb | 10-Feb |
| Tuesday | 07-Jan | 14-Jan Ministry of Food- teaching parents to prepare easy and healthy meals. (Sarah & Shabana) | 21-Jan Ministry of Food- teaching parents to prepare easy and healthy meals. (Sarah & Shabana) | 28-Jan Ministry of Food- teaching parents to prepare easy and healthy meals. (Sarah & Shabana) | 04-Feb Ministry of Food- teaching parents to prepare easy and healthy meals. (Sarah & Shabana) | 11-Feb Ministry of Food- teaching parents to prepare easy and healthy meals. (Sarah & Shabana) |
| Wednesday | 08-Jan Coffee Morning Time: 9.20-10.30am Room: Waterside Theatre | 15-Jan | 22-Jan Bow Parents Ambassadors Forum: Time: 9.20-10.30am Room: Waterside Theatre | 29-Jan Coffee Morning Time: 9.20-10.30am Room: Waterside Theatre | 05-Feb Coffee Morning Time: 9.20-10.30am Room: Waterside Theatre | 12-Feb Trip- |
| Thursday | 09-Jan | 16-Jan Healthy Families- Parents to learn more about heathy eating, keeping teeth healthy and more. (Hamida) Time: 9.30-11am | 23-Jan Healthy Families- Parents to learn more about heathy eating, keeping teeth healthy and more. (Hamida) Time: 9.30-11am | 30-Jan Healthy Families- Parents to learn more about heathy eating, keeping teeth healthy and more. (Hamida) Time: 9.30-11am | 06-Feb Healthy Families- Parents to learn more about heathy eating, keeping teeth healthy and more. (Hamida) Time: 9.30-11am | 13-Feb Healthy Families- Parents to learn more about heathy eating, keeping teeth healthy and more. (Hamida) Time: 9.30-11am |
| Friday | 10-Jan | 17-Jan | 24-Jan | 31-Jan | 07-Feb | 14-Feb |