



Term 1 2018 **Kitchen Garden Program** **HELPERS NEEDED**



30th January, 2018

Dear Parents,

As you may be aware, all children in 4H will be participating in the Kitchen Garden Program this term, starting in Week 2. All parents/carers are invited to be involved in our weekly cooking sessions.

Helpers are needed to assist a small group of students to prepare part of the day's menu, which will be shared by everyone at the end of the session. This is a great opportunity to work with your child at school in a fun and rewarding environment, while encouraging them to develop an interest in healthy cooking and eating, trying new things and discovering new skills and independence.

A regular commitment is ideal, but I will also endeavour to accommodate those who can only make it to one or two sessions due to work or other commitments.

4H's session time is **8.50 am – 10.45 am every Wednesday for eight weeks**, commencing on 7th February, 2018.

If you would like to be involved, please tick the dates you are available below, and return this form by Friday, 2nd Feb so I can add you to our volunteer roster, which will be distributed on Monday next week. If you have any queries about the program or cooking sessions, please contact me on 0421 042 225 and I will be happy to assist. Sincere apologies for the late notice.

I look forward to seeing you in the kitchen!

Regards,

Jane Barnett
Kitchen Garden Cooking Specialist

KITCHEN GARDEN VOLUNTEER FORM – GRADE 4H

I am available on the following dates (please tick):

Wed, 7th February		Wed, 7 th March	
Wed, 14 th February		Wed, 14 th March	
Wed, 21 st February		Wed, 21 st March	
Wed, 28 th February		Wed, 28 th March	

Your Name: Contact Number:.....

Child's Name: Relationship to Child:

Emergency Contact No:.....

** Please note that your allocated roster times may depend on the number and availability of other helpers also.*