



Pendle Community High School & College

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Rated **Outstanding** in all areas Ofsted 2017

Headteacher: D Grogan
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21st February 2022

Bowland: Independent Living Unit

Dear Parents/Carers,

As part of the Independent Living topic, Bowland students have been studying healthy eating, exploring the benefits of a well-balanced diet and discussing how to improve their meals by choosing healthy alternatives.

To complement this work, we would like pupils to prepare their own lunches, bringing in their own food from home. Pupils have brought home a food diary and some ideas that they can prepare in college.

Please could you discuss this with your child and help them to bring in the items they will need in order to prepare their lunch in college.

We will be doing this activity every Thursday morning for six weeks on Thursday 24th February until Thursday 30th March, 2022.

The food students bring in can be different every week depending on what you decide.

Thank you for your support,

A handwritten signature in black ink that reads 'Sarah Flanagan'.

S Flanagan
Curriculum Lead for English

