



# The Berkeley Academy

Laidon Avenue, Wistaston, Crewe, CW2 6RU  
Head Teacher: Louise Gohr



## The Henry Trial

March 2025

Do you have a child under 5? We need volunteers!!! Please see the attached poster.

You may have seen this poster around school. It shows that The Berkeley, alongside the local Family Hub, has been asked to take part in some research exploring the impact of the parenting programme HENRY (Health, Exercise, Nutrition for the Really Young) on the challenges parents face when trying to provide a healthy lifestyle for their children.

If this is something which interests you and you feel you would like to find out more about supporting your children to have a healthy lifestyle, then please speak to the Early Years team or Mrs Sehné (Chancery Family Support and Centre Lead). We have a parent information sheet which gives you all the information you need.

As an incentive for joining the trial, you will be given £15 'Love to Shop' vouchers at the beginning of the trial and the same at the end. All data collected is confidential, non-judgemental and not shared outside the research team so school do not see any of the data collected.

Many thanks for your support.

Kind regards,

Mrs H Sehné  
(Centre Lead and Chancery Family Support)



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Registered Office: Excalibur Primary School, Ivy Lane, Alsager, Cheshire, ST7 2RQ