



The Berkeley Academy

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



July 2025

Dear parents and carers,

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, is taking part in some research exploring the impact of the HENRY parenting programme (Health, Exercise, Nutrition for the Really Young) on the challenges parents face when trying to provide a healthy lifestyle for their children. The programme is fully interactive and as well as covering what to do if your child is a fussy eater, activities to share as a family, establishing good bedtime routines, it is tailored to you and what support you may need.

We are just coming to the end of the first programme with the first families to sign up (which lasted 8 weeks). The feedback from them has been extremely positive. We are now ready to begin recruiting for the next programme that will be delivered in school on a **Tuesday morning from October 14th until December 9th from 9-11am.**

So, if you have a child who is a fussy eater or if this is just something which interests you and you feel you would like to find out more, then please speak to the Early Years team or Mrs Sehné (Chancery Family Support and Centre Lead). Mrs Sehné will be outside the nursery at pick up time on Monday 7th and Tuesday 8th July to answer any questions you may have. Please note her email address at the bottom of this letter if you prefer to email her. We have also enclosed a parent information sheet which gives you lots of information too.

As an incentive for joining the trial, you will be given a £15 'Love to Shop' voucher 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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