



Whitstable Junior School

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Dear Parents and Carers,

Another week has passed and it is once again Feel Good Friday!



This week we have a culinary treat for you. We have heard about lots of you baking and creating tasty treats over the lockdown period, so we thought we would share some yummy recipes for meals that are easy for families to create and eat together. There is lots of evidence to support the view that cooking together gives families a time to share, bond and work together.

A number of the meals, snacks and treats could be put into a picnic for a trip to the beach or the park for some more fun times 😊

<https://www.bbcgoodfood.com/recipes/collection/kids-cooking>

What will you cook? I quite fancy the lemon and yogurt chicken flatbreads 😊



Please do let us know what you decide to cook and share together.

Have a lovely weekend and week ahead.

Best wishes,

Ms Collin, Leanne and Naomi.

The Wellbeing Team

