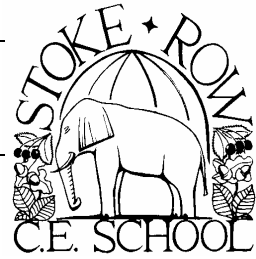


## FRIENDS OF STOKE ROW SCHOOL

fosrs@hotmail.com www.stoke-row-school.co.uk



4<sup>th</sup> June 2009

Dear Parents & Carers,

You are invited to a **Smart Parenting Workshop** on **22<sup>nd</sup> June 2009, 8pm** at the **Pavilion**.

Melanie Luckes (Yellow Class Mum) will be running an entertaining evening packed full of useful tips, ideas and information from how to feed kids healthily to using vitamins, herbs and homeopathic medicines to treat them when run down or unwell.

Melanie is an experienced Nutritionist and Homeopath who has specialised in working with parents and children for many years. She is also a trained chef and of course a Mum too! Her leaflet is attached and will let you know more!

Tickets cost £8 per person and include wine and entry into a prize draw....first prize is *A Family Health Make Over with Melanie* and is worth over £280! All money raised at the evening will be donated to FOSRS.

For tickets and more information please go to the school office or contact **Melanie on 0118 972 4955** or via email at **melanieluckes@mac.com**

Also....don't forget these other FOSRS events coming up soon:

- 14<sup>th</sup> Jun 09 – Stoke Row Motor Sports Day**, 12-4pm, VanAlloys Industrial Estate  
30+ race cars on display and all money raised is being donated to the school.
- 11<sup>th</sup> Jul 09 – Stoke Row Fete**, 12-4pm, Pavilion  
Please let any committee members know if you can help us with this event.
- 27<sup>th</sup> Sep 09 – Stoke Row 10K**, 10am at the School  
Only £9 entry at the moment – have you entered yet??

Lastly, thank you to Red Class for a very successful cake sale just before half term which raised £82.01.

Kind regards,

*FOSRS Committee*