Dear Parent/Guardians,

I am writing to share the exciting news that our P6 classes will be participating in the ***Max in the Middle programme*** (NHS Scotland). This is a week long, highly engaging programme which provides the children with the opportunity to participate in interactive sessions, including drama, dance and cooking, and further enhance their awareness of healthy living. The sessions will be led by dance and drama specialists and supervised by their teacher.

The classes will be participating in the Max in the Middle programme during the following weeks:

***P6D – week beginning Monday 27th January***

***P6H – week beginning Monday 9th March***

Throughout their week the children will be very active. We would therefore encourage all children to wear comfortable clothing e.g. PE kit, however, long trousers must be worn as a protective measure when participating in dance and drama - leggings or joggers are ideal.

We would like to invite all of our P6 parents and extended family to attend a sharing event on the last day of the programme as follows:

***P6D – Friday 31st January at 10.45am***

***P6H – Friday 13th March at 10.45am***

At this family event, the children will showcase their learning in creative ways and share the key messages they have learned about healthy living. Families will also be invited to sample the recipes which the children have learned how to make earlier in the week. Some of our teachers have attended the sharing event for their own children and said they wouldn’t miss it! We really hope that you can attend.

Please complete and return the slip below if you will be coming along to the sharing event.

Thank you for your continued support and encouragement. I look forward to seeing you there!

Yours sincerely,



Audrey Duncan,

Depute Headteacher.

✂……………………………………………………………………………………………………………………………….

Max in the Middle

Child’s Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class \_\_\_\_\_\_\_\_\_\_\_\_

I will/will not be attending the Max in the Middle sharing event at St Bernadette’s Primary School.

If you plan to bring additional guests, please write how many additional seats you will require in the space below.

I will require ………………. seats for additional guests. Signed …………………………………………………

 Print Name ……………………………………………