



FOUNDATION OF LIGHT



Thursday 18th March 2021

Dear Parent/Carer,

Free Courses

We have been asked by the Foundation of Light, to share with you some information regarding free courses available to parents and families within our school

The Foundation of Light have the following courses available to parents and families in the coming weeks:

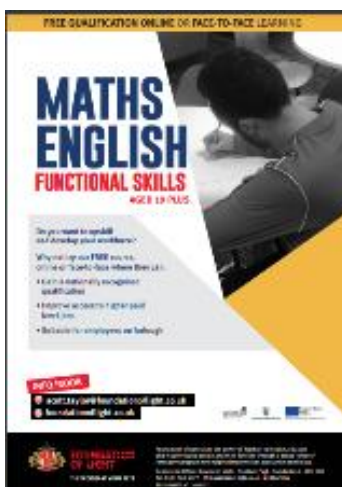
Ministry of Food

This is a 6 week course, where a chef will cook virtually from the Ministry of Food kitchen at the Foundation of Light, and parents and children can join in and cook along virtually from their own homes, guided by the chef, to create their own meals. There will be 1 session each week during the 6 week course and all ingredients will be provided free. If you are interested in this course please sign up and register your interest with Sarah Coyne, the course leader, at Sarah.coyne@foundationoflight.co.uk or by alternatively by calling 0191 563 4755.

If you do register to take part in this course, please let school know, as the ingredients for each meal will be delivered to school for your child to bring home with them before each session.



Functional Skills course



This course is suitable for anyone over the age of 19 who wishes to gain a qualification in maths or English. At the moment these sessions are carried out virtually and can be completed around your own circumstances. If anyone would like to register to take part in this 12 week course, or indeed find out more information, please contact Scott Taylor at scott.taylor@foundationoflight.co.uk

