



NEXUS - FEELIN' GOOD WEEK EVENTS

FUN EVENT FOR 'DADS, LADS AND LASSES' AT CHARTERS HEALTH CLUB

Saturday, 2nd February 2008 from 11.00am-1.00pm. Come along and join in this active morning - Dads with children aged between 9 and 14 years. Let your Dad challenge you to table tennis, hockey or you challenge him to shoot some hoops! Places need to be reserved as they are limited. To find out more call Jo - Dads £3.00, children free.

INTERNET SAFETY - Should You Be Concerned? - Wednesday, 6th February 2008

You are invited to join us for an evening to listen to thought provoking information regarding your children and how they use their computers, phones, etc. **Some of the facts can be disturbing but they need to be heard.** Please come along, participate and learn from Fiona Haynes from The Links ESC. Wednesday, 6th February from 7.00-9.00pm at Verulam School.

NUTRITION INFORMATION EVENING - Thursday, 7th February 2008

"Wholesome Food for Wholesome Kids" - Interactive Evening 6.30-8.00pm - STAGS

"Don't Skip Breakfast" - Interactive Evening 8.00-9.30pm - STAGS

Come and listen to valuable information concentrating on healthy eating, child obesity, behaviour, tune in to teenage eating habits and eating disorders. You are welcome to join us for either or both presentations.

Both Internet Safety and Nutrition events are part of **FEELIN' GOOD WEEK** and are offered to parents **FREE** of charge. You do not need to reserve a place but it would be helpful to know numbers so please call Jo to let her know which presentation you will be attending.

STRESS-BUSTING WORKSHOP FOR PARENTS - Saturday, 9th February 2008

How to cope with the stresses and strains of everyday life and stay mentally fit! Run by Youth Talk at Fleetville Junior School from 10.00am-12 noon. Call Jo to reserve a place.

For details of the above please contact Jo Maher on 01727 855134 or 07939 111152.

You can also visit our website: www.hertsextendedschools.org.uk/nestalbans