

Ref: KHI/JCR/Healthy-lifestyle-service

3rd July 2026



Barr Beacon School
www.barrbeaconschool.co.uk

Children and Young People's Healthy Lifestyle Service

Dear Parent/Carer,

We believe safeguarding and promoting the wellbeing of children is a partnership between school and home. By working together, we can help our children to develop healthy, positive habits that enable them to become successful, resilient and confident individuals.

As part of this commitment, we are pleased to share details of a free series of online webinars from Gro Health, designed to support parents and carers with practical advice on healthy lifestyles, nutrition and wellbeing. Gro Health delivers the *Tier 2 Children and Young People's Healthy Lifestyle and Weight Management Service* across Walsall, supporting families to make sustainable lifestyle changes through education, practical guidance and behaviour change. Their monthly webinars are just 30 minutes long and provide useful tips and resources that can easily be applied at home.

Upcoming webinars:

Tuesday 7 July 2026 6:00–6:30pm Smart Food Choices for Healthy Kids	Tuesday 21 July 2026 6:00–6:30pm Healthy Eating on a Budget for Families	Wednesday 19 August 2026 6:00–6:30pm Adolescence: A Window of Opportunity for Nutrition
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To view further information and book your place, please visit: <https://www.eventbrite.com/cc/gro-health-parents-webinars-4847874>. Families can also register with the Walsall Adolescent Healthy Weight Service by visiting: [Welcome to Walsall's Adolescent Healthy Weight Service](#)

If you have any questions about the webinars or the service, please contact Gro Health's Children and Young People's Pathway Lead, Marianne, via marianne@gro.clinic.

We hope many of our families will take advantage of this excellent free opportunity and find the sessions both informative and beneficial.

Thank you for your continued support to promote the health, wellbeing and success of our children. Should you have any questions, please do not hesitate to contact us at postbox@barrbeaconschool.co.uk.

Yours sincerely,

Mrs K Hibbs
Headteacher



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