



RIVER NUTRITION

GABY@RIVERNUTRITION.UK

WWW.RIVERNUTRITION.UK



2027 School Programme

MONTH	TALK TITLE
JANUARY: 18 TH BLUE MONDAY	WHY JANUARY MAKES YOU WANT TO HIBERNATE January can leave the whole family feeling tired, flat and lacking in motivation. This talk explores how food, sleep, routine and simple lifestyle habits can support energy, mood and wellbeing through the winter months.
FEBRUARY: 1 ST - 7 TH CHILDREN'S MENTAL HEALTH WEEK	FOOD, MOOD & CHILDREN'S MENTAL WELLBEING In this talk, we'll look at how food, sleep, movement and routines can support children's mood, energy and mental wellbeing.
MARCH: INTERNATIONAL WOMEN'S DAY	GROWING UP: SUPPORTING GIRLS THROUGH PUBERTY Puberty brings significant physical and hormonal changes, making nutrition particularly important. This session explores the nutrients girls need as they grow, alongside sleep, movement and healthy lifestyle habits.
APRIL: EXAM & REVISION SEASON	REVISION FUEL: EATING FOR ENERGY, FOCUS & CALM Revision and exams can disrupt normal eating habits and leave children relying on sugary snacks or skipping meals. We'll look at practical ways to fuel the brain, manage energy and support children through stressful periods of studying and exams.
MAY:	BRAIN FOOD: FEEDING A GROWING BRAIN Children's brains are developing rapidly, so what they eat matters. We'll cover breakfast, lunch, snacks, hydration and the key nutrients that support concentration, learning and a growing brain.
JUNE	FROM BREAKFAST TO BEDTIME: NUTRITION FOR ACTIVE KIDS Growing children need plenty of energy and nutrients to fuel school, sport and everyday activity. This session looks at what children need across the day, from breakfast and packed lunches to snacks, hydration and dinner.

AMELIA SHORE, HURLINGHAM SCHOOL

"GABY CAME IN TO GIVE A FASCINATING, INTERACTIVE TALK, AND WAS ABLE TO MAKE THE SUBJECT COME ALIVE. THE CHILDREN LEARNED SO MUCH THROUGH HER TEACHING STYLE, FUN GAMES, AND RELATABLE CONTENT. WE WOULD WELCOME GABY BACK IN WITH OPEN ARMS."

Prices start from £400

All dates are flexible, other topics available on request



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JULY: SUMMER HOLIDAYS	THE SUMMER HOLIDAY FOOD SURVIVAL GUIDE Long days, different routines and hungry children can make the holidays feel like one long snack! We'll look at realistic ways to keep children well fed and hydrated while allowing plenty of room for enjoying the summer.
AUGUST: SUMMER HOLIDAYS	SUGAR: WHAT PARENTS NEED TO KNOW Sugar can be a confusing subject, particularly when it comes to children. We'll cut through the headlines and look at sugary drinks, breakfast cereals, snacks and treats, while exploring how to reduce excess sugar without creating anxiety around food.
SEPTEMBER: BACK TO SCHOOL	HEALTHY EATING FOR BUSY HOUSEHOLDS The school year brings homework, clubs, sport and increasingly busy family schedules. Discover simple ways to make breakfast, packed lunches, snacks and family dinners work when time is short.
OCTOBER	FUSSY EATING: FROM STRESS TO SUCCESS Fussy eating can be frustrating for the whole family, but pressure and mealtime battles rarely help. This session explores positive ways to broaden the whole family's diet without turning every meal into a battle.
NOVEMBER	EATING TO SUPPORT IMMUNITY As winter approaches, parents often wonder whether there are foods or supplements that can help keep children healthy. We'll look at the nutrients that support normal immune function, what children need and simple ways to build them into everyday family meals.
DECEMBER: CHRISTMAS	THE FESTIVE FOOD SURVIVAL GUIDE FOR FAMILIES Christmas can bring excitement, treats and a complete lack of routine! We'll look at how to approach festive food without guilt or restriction, while helping the family enjoy the celebrations.

JONNY GILBERT, THE ROCHE SCHOOL

"GABY GAVE A HIGHLY ENGAGING AND INFORMATIVE TALK TO OUR PARENTS WHICH ABOVE ALL PROVIDED PRACTICAL TAKE-HOMES THAT COULD MAKE A DIFFERENCE TO CHILDREN'S DIET AND WELLBEING - SIMPLE BUT POWERFUL CHANGES THAT BUSY PARENTS COULD ACTUALLY EASILY IMPLEMENT."

Prices start from £400

All dates are flexible, other topics available on request