



New Club Invitation - Fit For Life - Healthy Bodies, Healthy Minds

Dear Parent/Guardian,

We are very excited to announce that we have a new club starting this term that will run for 12 weeks. **Healthy Bodies, Healthy Minds club (part of the fit for life initiative)** will give the children an opportunity to learn new skills whilst keeping fit in the process.

They will learn more about how to work in a team and create their own achievable targets in many fun packed activities! It has been shown that being healthy can boost energy levels, wellbeing and improve a child's performance at school. Your child has been selected to take part and we very much look forward to seeing them there!

The club will run each Tuesday between 3:30 - 4.30pm in the Sports Hall and will start Thursday 16th January.

Please complete and return the slip below to Mrs Snowden.

Yours Sincerely,

Mrs Snowden
(P.E. Co-ordinator)

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Healthy Bodies, Healthy Minds club - FAO Mrs Snowden - Y5

I give permission for my child _____ in class _____ to attend **Healthy Bodies, Healthy Minds club, each Tuesday between 3:30 - 4.30pm.**

Please tick the appropriate box:

I shall collect my child from the main entrance at 4:30pm.

My child will need to go to Swallows at the end of the session.

Signed: _____ (Parent/Guardian)