



Whitstable Junior School

Oxford Street, Whitstable, Kent, CT5 1DB

Tel: (01227) 272385

Interim Headteacher: Mrs. Annie Knoupe BA (Hons) PGCE

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27th February 2019

Dear Parents/Carers

Next term (term 4) Miss Wells will be continuing her after school club called 'Change for Life', for children in all year groups. This club will run after school on a **Monday after school** starting on the 4th of March.

Change for Life club will be all about leading a healthy lifestyle and the children will learn about healthy eating and the importance of exercise. During the sessions the children will be able to try a range of fruits and vegetables, enjoy exercise activities such as yoga and have a go at cooking some simple healthy meals.

Due to some of the activities involving food, it is important that you include any dietary requirements on the return slip.

If you have any questions please come and speak to me and if you are interested please bring your letter to the office as soon as you can.

Mr Peal

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Change for Life – Term 4

I would like to attend Change for Life club in Term 4, every Monday after school starting 4th March 2019

Name _____ Class _____

Any dietary requirements/allergies _____

Emergency Contact number for parent/carer _____

Signature from Parent/Carer _____ Date: _____

