



Whitstable Junior School

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1st March 2019

Firefighter Fit Kids workshops

Dear Parents/Carers,

We have been offered the opportunity to take 30 Year 3 children to take part in an exciting Firefighter Fit Kids afternoon on Tuesday 5th March 2019.

Firefighter Fit Kids have teamed up with Tesco Whitstable and are providing an afternoon of activities to include a 30 minute HIIT session and then an opportunity to take to the shop floor to design eat well plates and to have a play on the smoothie bikes.

The children will all be given certificates at the end of the session along with a delicious fruit pot to take home.

Your child _____ has been chosen to attend this exciting session on Tuesday 5th March. We will be leaving school, in the school minibuses, at 12.45pm and returning before the end of the school day. The children will need to have their PE kits and a bottle of water.

As the children may taste some different foods at Tesco, we ask that if your child has an allergy or intolerance to a specific food, please speak directly to your child's teacher.

Many thanks

Mrs Harris

Lower School Phase Lead & Year 3 Teacher

