



Whitstable Junior School

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Dear Parent/Carer,

change 4 life

Upper School Change 4 Life Club

Does your child have an interest in cooking? Do they like being active but sometimes struggle to find games to play?

I am writing to you to make you aware of an exciting after-school club that will run for 6 weeks, starting in Term 2. We have already met today so your child will already know a little about the club and the fun that could be had.

Unlike many other after-school clubs, this provides the children with inspiring and engaging ideas and activities for ways that they can become more active, other than through the usual sports that can be played. Alongside this, the club also explores tasty and nutritious meals that the children get to cook and eat. (Any allergies or intolerances will be catered for.)

During the 6 weeks, the children will learn about the health benefits of eating a balanced diet and the importance of being active.

The club will be run by Mrs Midgen and Mrs Barnett, in her year 6 classroom on a Wednesday, from 3:15pm to 4:15pm, starting Wednesday 10th November 2021 until Wednesday 15th December 2021.

There is no cost attached to the club, just a commitment to completing the 6 week club.

So, if your child is interested in cooking or really wants to burn off some energy at the end of the day or just likes the idea of developing more skills in these areas, then this could be the club for them.

Should you require more information then please do not hesitate to email me at kroy@whitstable-junior.kent.sch.uk

As we only have limited places, please can you complete the form below to register your interest by Monday 18th October.

Yours Sincerely

Mrs Roy

Assistant Headteacher

Upper School Change for Life Club - Term 2 2021 Return to the school office

I would like my child _____ (name) _____ (class)
to attend the Change for Life Club in term 2 (10/11/21 – 15/12/21)

Signed: _____ Relationship to child: _____