



Monday 18<sup>th</sup> September 2017

Dear Parent/Carer,

**Year 3 – Healthy Living Workshops**

During the second half of the Autumn term, Year 3 will be exploring how humans stay healthy and the types of food they require to gain all the nutrients they need. To start this topic off, we have arranged for the children to take part in Healthy Living & Fitness Circuit Workshops lead by an external company. The workshops will be on **Wednesday 25<sup>th</sup> October 2017**.

During the workshops, in the morning children will get hands on as they expand their understanding of the human body and how to keep healthy. During the afternoon we will get the whole body moving and take part in fitness circuits full of motivating, fast-paced, fun activities.

Children should come to school dressed in school uniform as normal but make sure they have a **full PE kit available to change into for the afternoon**.

Keeping healthy is more fun when the whole family is involved, so **we would like to invite parents into school to join their children for the first Healthy Living workshop, from 9am until 12pm**. If you would like to join us for the morning, or part of the session, please complete the slip below.

There is a cost of £6.50 towards the workshops and it is important to return the permission slip. **Please complete and return the permission slip below by Friday 13<sup>th</sup> October**, so we can confirm arrangements.

Unfortunately, if we do not receive sufficient contributions towards the cost, we may have to cancel the workshops.

If you have any further queries, please speak to your child's class teacher.

Kind regards,

Year 3 Teachers

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**Year 3 – Healthy Living Workshops – Wednesday 25<sup>th</sup> October**

Name of child \_\_\_\_\_ Class \_\_\_\_\_

I give permission for my child to take part in the workshops.

I enclose £6.50 towards the costs.

I would like to join my child for the Healthy Living workshop 9am-12pm.

Signed \_\_\_\_\_ (person with parental responsibility)

Name \_\_\_\_\_ Date \_\_\_\_\_