Dear Parent/Guardian,

The NHS Healthy Knowsley Service are looking for **KS2 children** and their family members to work together to make some healthy lifestyle changes, all whilst exercising, learning, and having fun!

We are delivering a **5-week course**, starting **Wednesday 17th April, at Kirkby CofE Primary School.** The sessions are running **3:20-4:20pm.**

Our Sports Coaches will cover a range of healthy eating topics each week, whilst engaging your family in fun physical activities. The course will also include a cooking session (ingredients provided).

Each family will also receive a range of resources, including sticker and reward charts to make being active and eating healthier that little bit easier! This is a great opportunity for families to take part in a club together and hopes to bring more conversations around exercise and healthy eating into your day-to-day lives.

If you would like to sign up, please fill out your information below, and return to your teacher**.** A text/call reminder will be sent the day before the course commences.

We will look forward to seeing you there!

To sign up please scan the QR code fill in the information. Our coaches will send a reminder text the day before the course starts!

