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Headteacher: Mr Les McAnaney  
Deputy Headteacher: Mrs Lesley Russell

Monday 16th December 2024

## Healthy Lifestyles Family Learning



Dear Parent/Carer

Healthy Lifestyles Programme

Active Sunderland are offering a 6 week family learning course for parents and children in **Years 1-3**. Each weekly session involves discussions around healthy topics, healthy snack making and playing games such as dodgeball, archery, practical healthy snack making and tasting and weekly resources to take home.

By taking part in the programme you will also receive a FREE Everyone Active swim voucher, plus a medal and certificate at our end of programme presentation.

**Workshop start date: Tuesday 14th January 2025**

**Time: 9.00am – 10.30am (approx.)**

If you are interested in taking part in this course with your child, please fill in and return the slip below to Miss Tose in Year 1 or to the school Office no later than Wednesday 8th January. Places are limited and will be popular!

Yours sincerely

Miss C.Tose

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I would like a place on the Family Learning workshop with Active Sunderland.

Child: \_\_\_\_\_

Class: \_\_\_\_\_

Signed: \_\_\_\_\_

**Enjoy - Respect - Achieve**

