



14<sup>th</sup> October 2022

**Riverside Bridge Healthy Living Clubs**

Dear Parents / Carers,

Riverside Bridge School is committed to promoting the health and well-being of all pupils and staff through physical activity. The aspiration in developing this is to influence the whole school community to establish and maintain lifelong physical activity habits.

Riverside Bridge School strives to maximise opportunities for children, young people and all associated with the school to be physically active by promoting all avenues for activity. This includes the curriculum, extra-curricular clubs, the environment and wider community.

We as the Healthy Living Team consist of the Physical Education department and the Cooking & Nutrition department. The Healthy Living Team would like to cordially invite all pupils to attend our extra-curricular club programme.

Each half term the Healthy Living Team will be offering different sports and food & nutritional based activities after school. These clubs will run from 3:30pm till 4:15pm. Parents/Carers will therefore will be required to collect their child from school at 4:15pm from reception.

The following clubs will be offered immediately after October half term (beginning Monday 31<sup>st</sup> October) till the last day of the autumn term, finishing on Friday 16<sup>th</sup> of December 2022:

- Monday – PE: Senior Football (11 years +)
- Tuesday – PE: Junior Football (5-10 years old)
- Thursday – PE: Senior Boccia (11 years +)
- Thursday – Cooking & Nutrition: Junior Health Heroes (5-10 years old)
- Friday – PE: Junior Football (5-10 years old)
- Friday – Cooking & Nutrition: Senior Cooking club (11 years +)

Please read through the information below and return the signed consent slip to school by Thursday 20<sup>th</sup> October 2021.

Kind regards,  
Mr R Flowers  
Riverside Bridge, PE Lead and After-School Club Lead



### Healthy Living Clubs Consent Form

Please indicate the club(s) your child would like to attend:

My child would like to attend:	If yes, please tick
Monday – PE: Senior Football (11 years +)	
Tuesday – PE: Junior Football (5-10 years old)	
Thursday – PE: Senior Boccia (11 years +)	
Thursday – Cooking & Nutrition Junior Health heroes (5-10 years old)	
Friday – PE: Junior Football (5-10 years old)	
Friday – Cooking & Nutrition Cooking club (11 years+)	

I agree for my child ..... to attend and participate in extra-curricular Healthy Living clubs starting from Monday 31<sup>st</sup> October 2022 until Friday 16<sup>th</sup> of December 2022.

Parents/Carers' Signature: \_\_\_\_\_

Date: \_\_\_\_\_