25 April 2023

Dear parent/ carer

Fit 4 Life

I am writing to inform you that your child has been selected to participate/ continue in *Fit 4 Life* sessions this half term. *Fit 4 Life* is an organisation working with schools to teach young people a healthy lifestyle through fitness, nutrition and mental wellbeing. They are passionate about young people and believe learning to care for their mental health is vital for them to thrive and grow into adulthood.

Your child will participate in their Fit 4 Life session every Thursday for one-hour and will follow a 6-10 week programme which aims to positively support their learning, healthy living, choices and motivation. The first session will be on **Thursday 4th May 2023**.

Each group is made up of 9-12 students from the same year group. Your child will be informed of the time of their session and weekly reminders will be messaged directly via Class Charts.

On a Thursday your child will need to attend school as normal, in full-school uniform. They will need a bottle of water. The training session will include some physical activity and students will either need to remove jumpers and ties or they can change into PE kit. If students are wearing skirts, they must bring a pair of leggings to change into.

Should you have any questions about this opportunity, please contact me via general@thehambleschool.co.uk

Yours faithfully

Mrs N Emmett-Callaghan
Head of Year 8

If, at any time, you should require special arrangements to be made when visiting the school and/or in order to participate fully in supporting your child at school (e.g. an accessible venue for meetings, if you are a wheelchair user, assistance with translation of documents or enlarged copies of communications etc.), please do not hesitate to let us know.

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