



Tuesday 10th October 2017

Dear Parents/Carers

Stay and Play Session

You are invited along with your children to attend a one hour free Stay and Play exercise and theory based play session after school on Monday 16th October from 3.30 – 4.30pm. The session is aimed at educating children and parents about the benefits of exercise and healthy eating. Stay and Play will give parents an opportunity to inspire their children to be healthy and active whilst also building confidence, continuing to enjoy an active lifestyle together. The session will be delivered by Shepway Sports Trust, who have great expertise, having developed the Active Families programme throughout communities in Shepway.

If you would like to attend the session could you please inform the school office or email enquiries@sandgate.kent.sch.uk with the number of adults and children attending.

Yours sincerely

A stylized, handwritten signature in black ink, consisting of several overlapping, sweeping lines that form the name 'Mrs van der Wal'.

Mrs van der Wal
PE Co-ordinator