

St Albans and District Extended Schools Consortia present



BodyWorks



@ How Wood School - Year 4 and 5

Your child has been offered the chance to participate in the BodyWorks programme - a 4 week After School Club running on Wednesdays from 3.20 - 4.20 in the main hall starting on Wednesday 22nd September, then 29th Sep, 6th October and finishing with the last session on Wednesday 13th October.

The programme starts with the whole year group watching the award winning production of 'The Golden Spoon' during the School day - a fun, interactive workshop performed by the Hens Theatre Company.



Charters – Sports – Weds 22nd September 3.20 - 4.20pm

Enjoyable, multi-ability sports including: football, dodgeball, tag rugby, tennis, rounders, kwik cricket and many more.



Watford Football Club – Weds 29th September 3.20 - 4.20pm



Lots of fast-moving games using balls, hoops and bean bags, linked to areas of food, muscles and healthy living



Watford Football Club – Weds 6th October 3.20 - 4.20pm



*Fun and interactive games, puzzles and information on how your body works.
Areas covered include exercise, diet and being healthy*



Healthy Foods – Weds 13th October 3.20 - 4.20pm



A chance to try new foods and make fruit kebabs or snacks on sticks.

The final week we ask Parents/Carers to come back 10 minutes early and we will present certificates, cookery books, sweatbands and folders to all participants.

This programme is **FREE** of charge and is open to all children in Year 4 and 5 - places are limited and will be allocated on a strictly first come/first served basis - your child may not be successful.

Children must be able to attend all 4 sessions and should be picked up at 4.20pm from the School hall. To book your place, please return the slip below to the school office A/O Nikki Howes ESCo.

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Childs name.....DOB.....



Contact numbers.....

I give permission for my child to attend the 4 week BodyWorks programme @ How Wood and to take part in all activities. I will indicate below any food allergies or medical/dietary requirements.

Information.....

Parent/Carer signature.....Date.....