

St Albans and District Extended Schools Consortia present

BodyWorks



@ Mount Pleasant Lane JMI



Your child has been offered the chance to participate in the Bodyworks programme - a 4 week After School Club running on Wednesdays from 3.10 - 4.10 in the main hall starting on Wednesday 29th April, then 6th May, 13th May and finishing with the last session on Wednesday 20th May.

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

The following programme includes 2 weeks of fitness, a week of cookery and a week of health awareness - delivered by Watford Football Club and YMCA. 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 - 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 4.10pm from the back playground entrance to the main hall.

To book your place, please return the slip below to your child's school office.



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

Contact numbers.....

I give permission for my child to attend the 5 week Bodyworks programme and to take part in all activities. I will indicate below any food allergies or medical/dietary requirements.

Information.....

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