

## **Healthy Lives at Isobel Mair School** **After School Programme**

Dear Parent/Carer,

Healthy Lives at IMS is an exciting healthy eating and physical activity club for children and their families which we have decided to run again for a 5 week block in the coming Summer term.

Similar to last year, we will have fantastic cookery demonstrations from East Renfrewshire Catering Services Staff. Pupils and their families are supplied with ingredients and can enjoy making and eating healthy meals. We are also very fortunate to have our Active Schools Coordinator leading the activity sessions. He is hoping to have a few visiting specialists so that everyone can take part in a range of sports and activities and make links with local clubs.

The programme will be free to attend and will run for 5 weeks. The sessions will commence on Thursday 26<sup>th</sup> April 2018 and will run from 6pm – 8pm every Thursday. Healthy Lives at IMS will be open to all pupils and their families who are interested in attending.

**Healthy Lives at Isobel Mair School**

**Starts Thursday 26<sup>th</sup> April 6pm-8pm**

**Isobel Mair School**

Places on this programme are limited and must be booked in advance. Pupils must be accompanied by a parent/carer. If you wish to reserve a place for you and your child, please complete and return the tear off slip below. More information about the programme can be obtained by contacting the school directly.

Yours sincerely

Head Teacher

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### **Healthy Lives at IMS Programme Booking Form**

I wish to reserve a place on the Healthy Lives at IMS programme for

**Child (Name)** \_\_\_\_\_ **Date of birth** \_\_\_\_\_

**Name of parent/guardian who will be attending** \_\_\_\_\_

**Contact Telephone** \_\_\_\_\_

**Signed:** \_\_\_\_\_ **Print** \_\_\_\_\_ **Date:** \_\_\_\_\_