



Derby City Council

*one Derby one council*

Our ref     Parent Workshop  
 Contact    Sara Adcock  
 Email       Sara.adcock@derby.gov.uk  
 Tel         07812 301995  
 Fax  
  
 Date        **3/05/2017**

Dear Parent/Guardian

**RE: Healthy Lifestyle Workshop**

Your school is currently taking part in the Rammie`s Healthy Hero programme, which aims to increase physical activity throughout the school day.

We would like to take this opportunity to invite you and your child to our Healthy Lifestyle workshop, which will take place in school on Tuesday 13<sup>th</sup> or Wednesday 14<sup>th</sup> March at 2-3pm.

Our hour long workshop will be a fun, interactive session based around healthy eating and increasing physical activity outside of the school day in a fun and easy way. There will also be an opportunity to sign up to our free physical activity and adult healthy lifestyle programmes through Derby County Community Trust on the day.

Places will be booked on a first come first served basis, and everybody who attends will be entered into a draw to win a £10 River Island voucher.

If you would like to attend the above session, please complete the attached slip and return it to the school office by Wednesday 7<sup>th</sup> March.

If you would like to find out more information about the programme please do not hesitate to contact either myself on 07812 301995 or email the above address. Alternatively, please speak to Miss Sneap in school.

I look forward to hearing from you.

Sara Adcock  
 Physical Activity Officer

I would like to attend the Parents Workshop on Tuesday 13<sup>th</sup> or Wednesday 14<sup>th</sup> March (please circle preferred date)

Name of Child	
Name of Parent	
Parents Telephone Number	
Parents email address	

