



**'Stay and Play' sports and fitness session**  
**Friday 16th March 3.30- 4.30**

Dear Parents/Carers,

On Friday 16<sup>th</sup> March the Shepway Sports Trust will be running a family-friendly after school event for all children and parents who would like to find out about keeping healthy and being active.

'Stay and Play' is an exercise and theory based active play session. It will give parents an opportunity find out about eating healthily and enjoying an active lifestyle together.

This session will be delivered by a coach from the Shepway Active Families programme. There will also be information available about other community based activities.

So please get your trainers on and come along and get active with your children!

If you are interested in attending please could you fill in the form below.

Thank you

L. Wickham (PE Coordinator)

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I am interested in attending the 'Stay and Play' sports and fitness session  
on Friday 16<sup>th</sup> March 3.30- 4.30

Name.....

Number of people attending in my family group.....