



St George's C of E School
(Part of SDBE Multi Academy Trust)

Perry Vale, Forest Hill, London SE23 2NE
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Headteacher: Mrs G Constable

Assistant Headteachers: Miss L Bacon, Miss K MacAlpine and Mrs L Franklin-Smith

10th January 2019

Dear Parent/Carer,

FIT FOR LIFE CLUB

Your child _____ has been selected to participate in the Fit for Life Club. The club will run every **Tuesday from 3:30 – 4:30pm, starting on the 15th January.**

Each week children participate in fun sporting activities and learn about being active and living a healthy life style. Children are given a book to record their activities in and a wristband to record how much exercise they do each week. These will need to stay in school.

Please make sure your child has their P.E kit and plenty of water on the day.

If your child is able to participate in the club, **please complete the form below and return it to the school office no later than Monday 14th January.**

Yours sincerely

Emma Michell
Schools Sports Coordinator

FIT FOR LIFE CLUB – PLEASE RETURN BY MONDAY 14TH JANUARY

My child _____ will be attending the Fit for Life Club every Tuesday from 3:30pm – 4:30pm starting on Tuesday 15th January.

My child will be collected by _____ at **4.30 p.m.** (if this arrangement changes you must notify the school office in writing.

Name of Parent/Carer _____ Signed _____

Date _____