



Ryhope Infant School Academy
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Headteacher: Mrs T Allen

Change4Life Year 2 Family Programme



We would like to invite you to our in-School Family Learning programme taking place at **Ryhope Infant School Academy**.

The programme will be run by the **Change4Life Team** and will take place for **4 weeks** from **1.30pm-3.00pm** on the following dates:

- **Monday 16th January – Eatwell Guide**
- **Monday 23rd January – Fats & Sugars / Junk Foods**
- **Monday 30th January – Breakfasts & Snacks**
- **Monday 6th February – Physical Activity / Mindfulness**

The sessions will include **Healthy lifestyle** education, practical snack making and games.

If you would like to take part, please register your interest by completing the tear off slip below and return it to the school office by Friday 16th December, 2022. Please do not put in your child's school bag. We can offer **15 places** and these will be allocated on a first come, first served basis.

This is a fabulous opportunity to come into school and work with your child in a fun and relaxed atmosphere. Please be aware that we can only offer places to families who can commit to the full programmes of 4 sessions.

Kinds Regards

Mrs Simpson- P.E Coordinator

I am interested in taking part in the Change4Life Family Learning Sessions with my child.

Child's Name: _____

Class Teacher: _____

Parent/ Carer: _____