

Friday 11<sup>th</sup> April 2025



## CHANGE 4 LIFE HEALTHY LIFESTYLE WORKSHOPS!

We at Ryecroft C.E. Middle School are pleased to announce that we will be working in partnership with Time 4 Sport, to offer our children FREE fun Change 4 Life Healthy NHS Lifestyle Workshops; educating our children/families on the importance of living a healthy lifestyle.

Workshops will include:

- FUN physical activity sports sessions for all children. Focus is to enhance sports skills, improve fitness, and increase self-esteem.
- Weekly Newsletters to support family goals.
- Interactive theory-based sessions on the eat well plate, label reading, portion sizes and goal setting.
- Optional individual health checks, which includes physical measurements and family questionnaire.
- Each child will receive a certificate for participating in the workshops.
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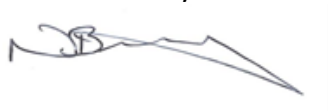


Children in Years 7 & 8 will participate in these FUN NHS Healthy Lifestyle Workshops. We only complete height and weight measurements from children who have provided consent. This information will be shared with Staffordshire Public Health but only the height, weight, age and first half of the postcode. The names of the children and their school WILL NOT be disclosed. If parents/carers do not feel happy to consent, the children still participate in the sessions without completing any height & weight measurements.

To consent to the above, please click on this link <https://forms.office.com/e/fGvSngDLrx> and complete the form.

**The Workshops will commence on Wednesday 30<sup>th</sup> April 2025 (30-minute sessions) for a duration of 5 weeks.**

Yours sincerely



**Mrs N Bannister**  
Lead for PE