

19 May 2023

Dear Parents/Carers,

We have been extremely fortunate at Springfield to get a free of charge 'after-school' programme from Burnley Leisure Centre named Healthy ELF that includes the whole family and is related to understanding the importance of food in a balanced diet, fun activities and much more.

Please see the Leaflet from Burnley Leisure on the reverse of this letter.

If you are interested in joining the group that will take place every Monday of our last summer term starting on Wednesday 07 June to Wednesday 12 July from 3.15pm to 4.15pm, then please reply and return the slip below asap, thank you.

Yours sincerely,
The Pastoral Team

PTO

Return slip to Mr Coates

Family Name _____

Number of family members attending _____

My family would like to attend the Healthy ELF after-school club on Wednesdays, beginning the 07 June.

Contact telephone number _____

Parent/Carer signature _____ Date _____



HEALTHY
E AT WELL
L IVE WELL
F EEL WELL



6 week family programme which aims to:

- ✓ Improve knowledge on making healthier choices
- ✓ Improve physical activity levels
- ✓ Improve mental wellbeing

	Family Learning (30 minutes)	Family Physical Activity (30 minutes)
Week 1	The importance of being healthy	Hula Hoop Games
Week 2	The Eatwell Guide	Running & Dodgeball
Week 3	Calories	Cone Games
Week 4	Sugars in foods & drink	Ball Games
Week 5	The human body body and physical activity	Family fitness games
Week 6	Quiz week!	Family Dodgeball match!

Families will receive certificates and goodie bags on completion of the programme.

To book contact your school

Healthy E.L.F is a unique way for families to learn and have fun together!