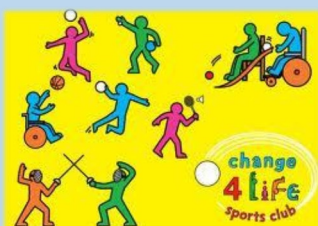


Change for life support workshops 2017

For children and Parents



Buckshaw Primary School , Astley Village (PR7 1XP)

31st July, 1st Aug, 10am-2pm

On the first two days staff will teach you and your child about healthy habits and how we can apply these in everyday life. There will be nutritional workshops, fun fitness classes and resources to help you make better healthy choices in life. Staff will work with you individually and as a group to help you understand what changes can be made in the future to make a difference to your and your child's future. Each family will go away with an information pack to help you kick start your journey with lots of information and support in how you can make changes.

In the nutritional workshops a trained member of staff will guide you through the food groups and how that should make up your plate and daily goals. This also focuses on how we can implement this in our every day lives. During each day we will be taking fun fitness classes, a way to show you how you can make exercise fun for you and your child, its about how you can carry on doing this at home and have fun with your children in the process of getting fit. Throughout the two days you will develop your knowledge and get lots of support in a relaxed and fun environment.

29th Aug, 30th Aug 10am-2pm

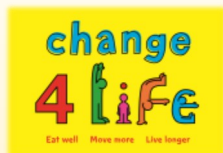
On the second session we will review how you have got on the last 3 weeks. Staff will help you tackle any issues you have come across while making the healthier changes. There will be more workshops to apply the knowledge you have learnt and experienced from home and the first weeks camp so you feel happy and confident in making the right decisions. The support doesn't just stop there though staff will also give out contact information so if you have any questions or problems in the future you can have contact with one of the team.

**£40 for all four days—Cheques made
Payable to Chorley SSP**

@ChorleySSP

Facebook.com/ChorleySchoolSportPartnership





Chorley

SCHOOL SPORTS PARTNERSHIP



Child's and Parents Name:			
Address:			
Email:			
School Attending:			
Year Group:			
Emergency Contact Name & Number:			
Medical Conditions:			
Equity: <i>Please circle</i>	Disability: Yes No If yes please give details		
Booking Requirements: Please indicate which day(s) attending if booking more than 1 child please supply additional information	Weeks	Mon	Tue
	31st –1st		
	28th—29th		
	Payment	School	Self

Parent / Guardian Signature:	Date:
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For further information or to return booking form please contact;

Micaela Brindle

Chorley School Sport Partnership

Buckshaw Primary School

Chancery Road

Astley Village

Chorley

PR7 1XP

Tel: 01257 263639 / 07568458677

Email: m.brindle@buckshaw.lancs.sch.uk

