



SID'S HEALTHY LITTLE STEPS KEY STAGE 1 BREAKFAST CLUB

Sid Sloane from CBeebies will be providing a Healthy Breakfast Club every Thursday here at St Peter's **at no cost to parents!**

The Breakfast Club will promote mental health and physical well-being with a twist! A refreshing brain and body boosting club for children to help them develop a greater understanding of the benefits of eating smart, staying active and managing mind power. We aim to inform and inspire children by encouraging a playful and fascinating outlook on personal health, well-being and educational attainment. The club will be physical but not technically challenging, linking insights and games with food and body science to help carry a positive self-awareness mindset.

The Club will open be to **Years 1 and 2 only**. Although this is a Breakfast Club, we are not actually providing a breakfast so children are encouraged to bring a quick, healthy snack, such as fruit or a cereal bar that they can eat in between sessions.

TIMES: 7.50am – 8.40am (please drop off at **7.45am** promptly)

DATES: Every Thursday **from 9th May until 27th June** (excluding 30th May half term)

WHERE: St Peter's School Hall (drop off at Brambledean Road entrance)

BRING: Water bottle and healthy snack

WEAR: Although it is an active class, children can wear their school uniform

The focus of this club is on the children but parents would be welcome to join us.

The club is FREE, in return for contributing toward feed-back research and assessment questions to help with the development of the service.

Please return form asap to sign up. We need a minimum of 12 children to run this club.



SID'S HEALTHY LITTLE STEPS KS1 FREE BREAKFAST CLUB – THURSDAYS (SUMMER 2019)

I would like my child to join Sid's Healthy Little Steps Breakfast Club at St. Peter's Primary School and agree to drop off my child promptly at **7.45am**.

Signed: Date: