

Dear Parent/ Carer

I am delighted that a Fit Kids Forest Skills Club is starting at Ecclesall Primary School for Reception, Y1 and Y2 on Mondays after school 3.10-4.50pm. Fit Kids is all about improving the physical and mental health of children through fun activities. Check out our facebook page to see what we get up to in other schools!

Benefits of Forest skills sessions are:

- Builds confidence and independence
- Builds empathy for others and nature
- Provides physical fitness through outdoor games and forest skills - woodwork, building and lighting a fire, tree climbing, foraging, sensory walks, mini beast hunts to name a few
- A multitude of health and wellbeing benefits
- Team building
- Exposure to manageable risk
- Develops better sleep and mood

Classes start on **Monday 24<sup>th</sup> February**. Your coach is **Simon**. The sessions will run in half term blocks:  
**Block 1: 24/2 - 23/3 (5 sessions) 3.10-4.50pm**. Each session costs £8 per child as it is an extended club time to offer working parents a fun childcare option. Children will get a snack on the fire/ hot chocolate and biscuits.

14 children max per session .

To secure your place:

1) Email Sue Charles (director) [fitkidssheffield@gmail.com](mailto:fitkidssheffield@gmail.com) asking for a place. Give your child's name, year group, school name and name of club. I will reply- letting you know if a is space available and will send you a booking/ information form to complete and return via email.

2) Pay £40 to Sort code: 236972 and account number: 19903180 using your child's name as reference. Please ensure this is done on the same day as my email reply - as only once payment has been made will your place be secure. (If payment isn't received 24hrs after you are told you have a place- the place will be released - as we usually have waiting lists).

**For the sessions, children must bring waterproofs - coat and trousers/ sallopettes, wellies, warm socks, jumper, gloves, (hat) - as we will go out in all weathers. (Lidl do great waterproof fleece lined trousers and sallopettes @ £5.99 but any are fine).**

Kindest regards,

Sue Charles (Director - Fit Kids)

Mobile: 07736 406895  
Email: [fitkidssheffield@gmail.com](mailto:fitkidssheffield@gmail.com)