

## Moorside Primary School

Head Teacher: Mr S Lawler-Smith

Holdsworth Street, Swinton, M27 0LN

Tel: 0161 921 1295

E-mail: [moorside.primaryschool@salford.gov.uk](mailto:moorside.primaryschool@salford.gov.uk)

Website: [www.moorsideprimary.net](http://www.moorsideprimary.net)

Twitter: @moorsideprimary



19<sup>th</sup> July 2019

### Re: Healthy Schools Grant

Dear Parents/Carers

We have been successful in receiving a grant to promote health and well-being, not only for our pupils but also for the wider school community.

Starting in September we will be offering parent drop in sessions where a range of advice and signposting can be given; this will not be limited to educational information, it will include welfare advice or parenting support. As well as this, we will be offering weekly adult fitness sessions during the school day, as well as sessions after school where adults can attend fitness sessions with their child/ren.

To complement the fitness sessions the parents/carers taking part can attend "Fun with Food" sessions, one afternoon a week, for 6 weeks. These sessions will be with their child/ren to make healthy snacks and talk about nutrition.

At the end of each term, the adults and children that have taken part in the sessions will have the opportunity to attend a fun day out with transport and lunch provided.

If you are interested in taking part in these sessions, please return the slip below to the school office as soon as possible. Places are limited to 6-8 adults per block of sessions. Sessions will run each half term.

Yours sincerely

A handwritten signature in black ink, appearing to read 'S Lawler-Smith'.

Mr S Lawler-Smith  
Head Teacher

### Health and Well-Being Sessions

I would like to take part in the Health and Well-Being sessions next academic year.

Child Name \_\_\_\_\_

Parent Name \_\_\_\_\_

National Teaching School  
designated by



*To go further than we thought possible  
To run faster than we hoped  
To reach higher than we dreamed  
To be the best that we can be*

