



7th November 2017

Dear Parent/Carers,

Change4Life Event

Your child has been selected to attend the Change4Life sports event at Loreto RC High School on **Wednesday 22nd November**. This is a great introduction to developing PE skills and having fun at the same time.

Change4Life Sports is an innovative programme that aims to harness the inspiration of the London 2012 Olympic Games to engage children in physical activity and school sport. Through multi-sport activities, which are taken from the Olympic sports, the event is organised to give children confidence and skills to take part in sport and help them to enjoy lifelong participation.

Children will be escorted to and from Loreto RC High School on the morning of Wednesday 22nd November at 9.30am. We will return to school in time for lunch. Please ensure that your child comes to school dressed in suitable attire for participating in sports activities (t-shirt, track suit bottoms and suitable footwear for running). Rubber soled trainers would be advised. It would also be useful for your child to bring his/her water bottle.

In addition to this, your child will also be required to wear their school jumper. If a child arrives on a school trip without their jumper they will either be given a high-vis jacket to wear or a jumper from the spares box so they can be easily identified.

Kind regards,

Satnam Singh
PE Team

Change4Life Event

Child's Name: _____ Class: _____

I give permission for my child to take part in the Change4Life event on 22nd November []

Signed: _____ (Parent/Carer) Date: _____



Inspiration & Success

