

Huff and Puff 2018

Dear Parent/Guardian,

20th March 2018

I would like to invite you to an exciting new project. The school is working with the West Sussex West School Sport Partnership & Everyone Active (Westgate Leisure Centre) to provide a family active project that also develops children's co-ordination. The programme is called Huff & Puff. I would like to invite you to the Huff & Puff introductory launch session on Tuesday 27th March at 14:55. This will be held in the School Hall.

Huff and Puff is a wonderful opportunity for you to support your child with their 'Physical Development' at home. It's **FREE**, easy to do and all you have to do is come along to find out what is involved!!

During the session you will see a brief demonstration of the activities that can be tried at home. You will also be given the opportunity to ask the organiser any questions. We have had an excellent response to the scheme in the past. All those children (as well as Mums and Dads) have found it to be rewarding and great fun. Following this your child will be able to collect their bag of stimulating games equipment and booklet to 'have-a go' with at home.

Once you have had the bag at home for approximately 5-6 weeks, you and your child will then be invited to The Westgate Leisure Centre. There will be Sport Leaders & staff to support the children as they show off the skills they have learnt. This will be followed by a bouncy castle and lots of other exciting sport equipment to try out as a reward. Parents will be able to work with their children during the activities as well as the opportunity to socialise in the café. Best of all the Huff 'n' Puff Festival session is totally **FREE** and will be held at The Westgate Leisure Centre on **Tuesday 24th April- 1.30pm-3.30 pm**.

I look forward to seeing you at the launch

Yours sincerely,

Sean O'Connor
School Sport Partnership Manager (SGO)
www.westsussexwestssp.co.uk

HUFF'n'PUFF	I would like to attend the introductory Huff'n'Puff session- Please return to the school office
School:	
Child's Name:	
Signed: Parent/Guardian	