



Roselands & Stafford  
Federation

## Stafford Junior School

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Executive Headteacher: John Maxwell

Head of School: Mike Walton

Wednesday 24<sup>th</sup> April 2019



Dear Parents / Carers,

The School Health team are running an after school programme at Roselands on a Thursday from 3.30-5pm for eight weeks. This is for families to attend together. They will be running all sorts of fun sessions based around living a healthy lifestyle and this is completely free. This really is a fantastic opportunity for all families and a great way to have fun together. If you would like to sign up all the information is below and you do it through the School Health Team. If you have children at Roselands you can pick up at Stafford first and then meet them at Roselands at 3.30pm, Mrs Harrison will look after them until you arrive. All the information about the sessions is below and how to contact them.

“Ready, Steady, Go is a fun 8 week programme designed to work with families to help their children achieve and maintain a healthy weight with a focus on making small, achievable lifestyle changes around healthy eating and activity.

We will also cover other important lifestyle topics including sleep and screen time.

Families can:

- take part in fun sessions covering healthy eating, physical activity and sleep
- lots of ideas, games and challenges
- includes cookery session
- suitable for all the family
- supported by trained staff
- 1 hour session after school for 8 weeks

Our next group will be held after school at Roselands Infant School, Eastbourne on Thursdays starting 2<sup>nd</sup> May from approx. 3.30pm.

The group is for primary school-aged children aged 4-11 who live in East Sussex to attend with a parent or carer and siblings are welcome to attend too.

Families can sign up for the next group starting 2<sup>nd</sup> May via the following link: [Ready, Steady, Go in East Sussex - Kent Community Health NHS Foundation Trust](#) or can contact the service on 0300 123 4062 to speak to a member of the Ready, Steady, Go team for more information.”