



## Shine Bus

As part of our extra funding for sport in our school, we have been able to book the Shine Bus to come into school.

Each KS1 class will go onto the bus for an hour and will be split into two groups. For the first half an hour, your child will go and use the gym and physical activity equipment (boxercise, Fit Wii). They will do half an hour with an instructor to learn about the benefits of physical activity.

Then the children will go downstairs where they will focus on health and nutrition by doing quizzes/sugar demonstrations, as well as making healthy fruit smoothies.

As part of the day, full health checks are offered which involves your child getting weighed and measured. If you do not want your child to be weighed and measured during the day, please indicate and sign on the slip below. The slip needs to be returned by Friday 16<sup>th</sup> March.

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Shine BUS ~ Please return by 16<sup>th</sup> March if your **DO NOT** give permission for your child to be weighed and measured during the SHINE bus activity.

Child's Name:.....

I do **not** want my child to be weighed and measured on the shine bus

Signed ..... Dated .....