



Dear Parents/Carers,

Happy New Year to you all, I hope you had a fabulous Christmas and wish you well for the New Year.

A lot of adults use the New Year for a fresh start to a healthier happier lifestyle, why not get the kids involved too 😊

For those of you who are not familiar with what Brawny's Bootcamp KIDS is please continue to read:

**Brawny's Bootcamp Kids is a physical activity programme designed to deliver physical literacy over the life course, preventing injuries, improving sports performance, and keeping your children active and engaged for a lifetime.**

**Physical fitness is hugely important for people of all ages for their health and well-being, physically and especially mentally.**

**With the continued increased in Child obesity and diabetes it is becoming more and more important to introduce children to an active life style from an early age.**



Brawny's Bootcamp kids has been running at Sunnyside Primary for over a year now, the children that have been attending regularly have gained confidence, strength, balance & co-ordination. This is all done in a fun & friendly environment.

If you are interested in sending your child to Bootcamp but have any questions please feel free to email/call or even come to watch a session. I'd be more than happy for you to do so.

Sessions will be re-commencing on Tuesday January 9<sup>th</sup> 2018 through to Tuesday 27<sup>th</sup> March (Excluding half term)

There will be a space for 19 children per session, the sessions will be charged at £3 per child payable in cash at the first session of term, £33 (Tuesday 9<sup>th</sup> January). Places will be allocated to current 'Bootcampers' first, then on a first come first served basis. If you would like to know more or to book your child into Bootcamp Kids, please email [Alice@bawnysbootcamp.com](mailto:Alice@bawnysbootcamp.com) or text 07854-118286 to secure a place.

Day	Time	Year
Tuesday	8.00-8.40	Yr 2 to Yr6

If your child is new to Bootcamp please complete the attached health Questionnaire and bring THIS to the first session, along with payment. All children should wear comfortable active clothes and **bring a bottle of water.**

I am looking forward to contributing to the health and well-being of your children one step at a time.

Coach Brawn

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### Clothing order

If you'd like to order your child a personalised Brawny's Bootcamp T-shirt or Hoodie please complete the below and return with payment. (These can be ordered throughout the term)

Size guide:

S	Age 5/6	28"
M	Age 7/8	30"
L	Age 9/11	32"/2
XL	Age 12/13	34



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Childs Name: \_\_\_\_\_

Childs Size: \_\_\_\_\_

Item:            T-shirt - **£15**   Y/N

Hoodie - **£20**   Y/N

**Total amount enclosed:** \_\_\_\_\_