



# LITTLE ILFORD SCHOOL

COURAGE • COMMITMENT • COMPASSION

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**Headteacher:**  
**Andrew Finn**

Dear Parent/Carer,

## Healthy Lifestyles Programme - Little Ilford School

I am writing to you to inform you about a new Healthy Schools Initiative which will be taking place here at Little Ilford School

Xplore is a healthy lifestyle programme offered by Live Well Newham, that provides a friendly, fun and safe environment to help children, young people and their families lead healthier lifestyles and become more active.

In order for your child to take part in this programme we require parental consent. The Xplore programme is an 8 week programme which includes workshops on nutrition and physical activity sessions which will take place in school in our Fitness Suite with professional Fitness and Nutrition Coaches from Newham.

I would like to stress that this programme is beneficial to all students and their families and is open to everyone from an educational perspective as well as for those who specifically wish to address any underlying weight/health and fitness concerns.

We will be organising a meeting in school later this month to share more information about the programme with parents and students. Once the date has been finalised we will send out another parent mail with more details, inviting anyone who may be interested in gathering more information about the programme to attend.

If you would like to add your name to the list of interested students/parents that we currently have, please feel free to contact Ms Thomas in the PE Department or telephone the school reception, leave your name/contact number and you will be notified when the meeting date has been finalised. Please kindly register your interest by Monday 19th January, as we will be proposing to start the programme by the end of the month.

Best regards

Ms Thomas - Healthy Schools Coordinator