



Hi all!

Welcome to the Fit For Sport Newsletter, this term is shaping up to be even more active and engaging than ever before with the introduction of our newest staff member "super" saffi.

Saffi has a back ground in all things singing and dancing this coupled with her interest in cinematography means Fit For Sport Kew Riverside are now able to offer the following clubs during our extended schools.

1. **Movie Making**
2. **Singing classes**
3. **Dance classes**

**Top Fact** - Government guidelines state that children need to be physically activity for **60 minutes** per day to stay fit and healthy.

Fit For Sport are running both before and after school every day to help ensure as many children as possible have the opportunity to lead healthy and active lives.

Please find attached a copy of our daily provisions and a copy of our F.A.Q.s. alternatively feel free to pop into see the Fit For Sport team any time in the community room.

For more information please call 0845 456 3233 or go online at [www.fitforsport.co.uk](http://www.fitforsport.co.uk)

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