

Fit For Sport Newsletter:



Fit For Sport News:

Fit For Sport are pleased to be working with Kew Riverside Primary School to provide the out of school care, keeping your children active and healthy all year round.



Welcome back! We hope you had a great half term and are ready for yet another exciting, active-filled summer term with the Fit For Sport team.

Healthy tip:



Asking children to help prepare healthy food and snacks can help to encourage them to swap sugary treats: if they've helped to make it, they'll be more likely to want to eat it too!

What to expect for the rest of term...

What a great half term that was! Our young people approach everything they do with enthusiasm & continue to amaze us with what they have achieved. We are extending 'Movie Making' as we have a group of budding film directors, editors, actors & an appreciative audience! They've created short films and episodes in series! The bake-offs will still be on as they have been a huge hit; we always have difficulty deciding who really won. We will continue with all the activities that our young children have voted to do & we are going to start introducing new ones, one of them being Water Sports!

15% discount at a 'Fit For Sport Activity Camp'

Some parents can't always afford the luxury of taking the whole summer off to look after their children & we at Fit For Sport understand this. This is why we are back with our renowned Activity Camps all summer long to ensure that your children still thoroughly enjoy their time off but in an active and healthy way. Come and join us at either Barnes or Sheen Mount Primary school, the closest camps to Kew Riverside. Visit www.fitforsport.co.uk and quote 'SUMMER16' to receive your super early bird 15% discount before Monday 20th June.

Healthy tip:



Why not have a chart in the kitchen to help keep track of how many portions of fruit and veg each family member has each day, with treats or rewards for hitting 5 a day for a whole week!

Fun for the whole family!

Challenge: To knock over the skittles and score as many points as possible with just 3 throws

You will need: 10 plastic bottles numbered 1 to 10, 2 cones or markers and 3 balls

How to play:

- Position the skittles in tenpin bowling skittle formation with the higher numbers at the back of the pack.
- Place a cone approximately 5 metres away from the 'skittles' and give each child 3 attempts to knock over as many 'skittles' as possible with the ball.
- Tally the points up based on the 'skittles' knocked over. The person with the most points wins!



New recruit!

We want to welcome Chris into our Kew Riverside Fit for Sport Team. He has been a great addition leading our Skate Club and sport activities. Chaymae will continue leading the ever fantastic creations of Art clubs, the Bake Offs and the Match of the Day for the very athletic Strawberries. And coming soon, a former student of Kew Riverside will be having their work experience at our club. He is an artist and is only into funky art (We love it too!!).

We also have some young champions to praise:

Bop it Beats! – Estelle (score 250 - the max)

Chess – David (2 games won)

Flags of the World (We only found a few countries he did not know – Amazing Tom!)

Film Directors of the Half Term – Olanike & Beatriz (What's going to happen next!?)

Marble Run – Nao (they are multilayered & multicolumn)

Well done everybody!!

Booking Information:

Breakfast Club 07.30 - 09.00 £4.25
After School Club 15.15 - 18.15 £11.50
(including light snack)
After School Club 16.30 - 18.15 £8.50
(including light snack)
After School Club 15.15 - 16.30 £6.50
(excluding light snack)

You can Book online at
www.fitforsport.co.uk or call our
Customer Service Team on 0845 456
3233*Calls cost 3p per minute plus the
customer's phone company access charge.

5% discount applies to online.

Parent Feedback:

"Very friendly staff, always helpful and work well with the children.
Reliable, flexible and great service, Thank you"

"My son really enjoys going to after school club - he has asked to go more days!"

"My daughter loves the time she spends at breakfast club and the days she spends in the holidays. The staff are friendly and approachable and it is such a relief to have childcare to rely on!"