

West Park Primary School  
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HEADTEACHER: Azizan Kabil

17<sup>th</sup> November 2022

Dear Parents/Carers,

West Park Primary School are excited to be taking part in a project that is being run by a team from Green Square Accord and TLC College on behalf of Wolverhampton to find ways to increase levels of physical activity amongst children, their families and the wider community.

It is recommended that pupils are physically active for at least 60 minutes each day.

Physical activity helps:

- to build confidence and social skills
- develops co-ordination
- improves concentration levels
- increases children's ability to learn
- improves children's health
- improves sleep
- improves mental health

The team delivering this project would like to collect parents and carers views on opportunities to be physically active in the local area. Please attend a short session on Thursday 24<sup>th</sup> November at 9am. This session will last 45 minutes.

Please speak to Mrs Andrews or Mrs Kabil if you have any questions about the project.

Thank you for your support.

Yours sincerely,

Mrs A Kabil

