**Central Park Hub Fit & Fed Project 2021**

Dear Parent/Carers,

Argyle Community Trust is delighted to be holding the fit and fed project during the Easter holidays from the 12th to the 16th of April at Central Park Hub for children age 6 to 14, who are eligible for free school meals. The days will run from **9am until 3pm** and will consist of a variety of different sporting activities and will include some nutritional activities where the children will spend some time learning about the importance of a healthy lifestyle. Children who attend the course will be provided with lunch each day however it is recommended that children bring plenty of fluids with them which can be taken outside when participating in the sporting activities.

Due to Covid-19 numbers are strictly limited to only **40 spaces** and will be offered on a first come first serve basis.

If you would like your child to take part, then please book into this via the below link:

<https://argylecommunitytrust.co.uk/soccer-roadshows/in-plymouth/>

The bookings are password protected and you will need to use the password FITFED to book.

All children who attend the course must have a parent/carer sign them out after each session, coaches will not let children leave the premises unless a signature has been obtained, so please expect a telephone call if you have not signed for your child.

Children will need to bring suitable clothing for the weather including coats if it is raining as the sporting activities are likely to take place outside. All sessions will align the safety measures put in place from the Government and the FA during the Covid 19 period.

Our coaches are CRB checked, hold a UEFA coaching qualification and have Emergency First Aid Training. If you have any questions or queries, please do not hesitate to contact me at the ground on **01752 562561** Ex **4** or Email: Dom.Luongo@pafc.co.uk

We look forward to seeing your child on the course.

Kind Regards,

Dom Luongo

Plymouth Argyle Community Trust

Schools and Participation Officer