

# LONGFIELDS PRIMARY SCHOOL AND NURSERY

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Dear Parents/Carers,

## Exciting - FAST programme at Longfields Primary School

**You and your child** are invited to take part in the FAST programme running at Longfields Primary School on Wednesdays at 3:30pm starting on the 15<sup>th</sup> January. These sessions will run for 10 weeks. This programme is for families (parents, grandparents, aunts, uncles etc) to participate in, **the children from school will not be able to come by themselves.**

The programme offers a **FREE after school activity programme** with qualified coaches in a variety of different sporting activities including Football, Netball, Cricket, Multi Sport games and play.

If you would like to be part of the 10 week programme please can you book your places through the school by next Tuesday.

## What is the FAST programme?

The FAST programme is an exciting new programme in Bicester, with the aim being to make it easier and accessible for families to enjoy physical activity and sport together.

The FAST programme will provide:

- FREE 10 week family programme at Longfields Primary School
- FREE locally-based activity sessions in parks and community centres
- FREE FAST card with heavily reduced local offers
- Resource packs and equipment to help families continue their favourite activities in their own time.

And much more – Keep an eye on our website for more details;

<https://www.cherwell.gov.uk/info/3/leisure-and-culture/107/be-active-more-often/2>

## FAST Card

You are also entitled to a FAST card which has lots of great physical activity opportunities that you and your children can access in the local community. Please look on the website for latest offers available on the FAST card, throughout the year new offers and opportunities will be available for FAST card holders to take advantage of.

Yours Faithfully

Tom Gubbins

Sport & Recreation Activities Officer

