

**FREE AFTER SCHOOL PROGRAM**  
**For children in Grades 1-8 living at 370 Pond Mills Rd.**

August 30, 2018

Dear Parents/Guardians:

The Boys & Girls Club of London would like to invite your child to be a participant in our **After School Program** (A.S.P.). This program will provide fun opportunities for your child(ren) from **3:30 – 6:00 p.m. from Monday to Friday** in a safe and supervised environment. The program aims to help children and youth get active, develop healthy eating habits, gain confidence and do better in school, which helps to decrease childhood obesity and youth conflict.

The focus will be on the following core areas;

- 1. Physical Activity** – Get children moving through participation in structured activities like basketball, hip hop dancing or soccer, or simply through unstructured play time,
- 2. Health and Wellness** - Build self-esteem, resiliency, confidence and self-reliance among participants and raise awareness about anti-bullying and enhance positive relationships.
- 3. Healthy Eating** - Teach participants about nutrition and cooking healthy foods, with a focus on fruits and vegetables. Children will prepare their own healthy after-school snacks and learn about nutrition.

Through continual participation, it is anticipated that the A.S.P. will support and contribute to the following long-term outcomes for your child(ren):

- Increase physical activity
- Decrease in child obesity and health problems attributed to inactivity and poor diet
- Healthy eating by contributing to an increase in nutrition knowledge and skills in preparation
- Build friendships, provide social skills and learn strategies to resolve conflict resolution

**PLEASE NOTE:** A registration form and membership form must be completed for each child. We also require proof of income for the memberships. Due to the nature of this program, children who will be picked up from the unit must be signed out by parent/guardian **WITH** appropriate identification. If you have any questions, please contact the Senior Recreation Coordinator.

Yours truly,  
Dara McQuarrie  
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