



WASP

Waterford Active Schools Programme



Dear Parent/Guardian

We are writing to let you know that your child's school is taking part in an exciting new programme called **WASP** – Waterford Active Schools Programme. The programme will take place for 4 weeks from 24 September to 19 October.

So what is WASP?

The Waterford Active Schools Programme aims to increase awareness in families of the importance of being active and make activity a natural part of daily living resulting in families being more active, more often.

So how does the programme work?

We are encouraging you to do at least 30 minutes* activity and your child to do at least 60 minutes** activity at least five days a week. It doesn't have to be all at once, it can be done alone or with others and it can include any activity e.g. dance, school PE, club sport, walking etc. It's all about getting active!

Your child will have a record card which needs to be initialled by you to confirm activity by yourself and/or your child. The teacher will give out WIZZY stickers (the WASP mascot!) for the initials in your child's record book. The aim is to earn as many WIZZY stickers as possible. The class teacher will also take part in the programme.

Why take part?

For fun !

For healthier, fitter children, parents/guardians and families

How do I find out more?

Check out the WASP section of the Waterford Sports Partnership website for ideas, resources and updates on the programme from around the City & County www.waterfordsportspartnership.ie

Thank you for this opportunity to help get families in Waterford more active!

Yours sincerely

Rosarie Kealy
Sports Co-ordinator



*The Irish Heart Foundation recommends that adults *should be physically active for at least 30 minutes on most days of the week*

**The Department of Health and Children and The Irish Heart Foundation recommend that: *"children and young people should aim to participate in activity of at least moderate intensity for one hour every day"*.