



Play And Skills at Teatime Activities

Coming to a school near you!

P.A.S.T.A is a programme of after school activities for families with children aged between 5-8 years old.

The aim of the sessions is to promote healthier eating and physical activity in a fun, interactive and safe environment.

- **Weekly sessions**
- **Different skills and activities each week**
- **Includes healthy meal**
- **Top tips on how to stay fit and healthy**

Interested?

For more information and to register an interesting in attending, see attached letter from your school.