



New Ramses College

Cairo : 16/10/2021



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Sports For Everyone

Dear Parents;

Greetings to you all

It is one of NRC beliefs to develop good and healthy habits for all our children.

The sports for everyone are a project to encourage our children to exercise daily throughout the year. We would appreciate very much if you can follow up with your child to make sure he / she is doing the exercises every day and if you can join him / her and to check whether they did it or not in the attached form. I recommend you to photocopy, fill and give your child a little prize weekly or monthly. Exercising with them is the best way to learn . This is done in the class; stressing the following concepts:

- Win – win situation.
- Team work.
- I'm not a loser.
- Never give up.
- Co-operation to win.
- Olympic Games.

Furthermore Brain Gym websites on the internet is of great help, not only physically but psychologically and mentally as well.

Hope you enjoy this project with your child.

Thanks for your co-operation.

Kindergarten Principal

Amany Youssef

College Director

Hala Toma



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