The sections that need filling in by the school are marked in the draft version with a yellow background colour.

**Dear guardians,**

The Move! measurements for this autumn are now done. Your child has received their scorecard to bring home on paper. Go through the results together with your child. The positive impact of physical activity on health and learning is undeniable, so we hope that you will direct your child to independent or guided physical activity. Exercising together as a family is also recommended.

If your child’s results are in the bottom third in one of the measurements and you would like to talk about them or get support for strengthening your child’s physical functional capacity, please contact:

- school staff; club activities’ contact teachers: names + contact details or outreach activities’ contact teachers: names + contact details to help children find hobbies

- sports services if you would like to get more information about physical activity or sporty hobbies; contact details are at the end of this message

- school nurse or school physician if physical activity is not possible due to pain or other health-related problems

Turku organises a lot of guided physical activity for children and young people of different ages. The school-specific hobby schedules include all sports groups and other supervised guided groups that are organised free of charge during schooldays or immediately after. Additionally
Mihi exercise activities are organised free of charge for 12-19-year-olds in the evenings and on weekends around the city. All free hobby activities organised by the city can be found at: [Hobbies for children and adolescents | Turku.fi](https://www.turku.fi/kulttuuri-ja-liikunta/lasten-ja-nuorten-harrastaminen%20%28in%20Finnish%29) .
Turku also has a comprehensive network of sports clubs whose contact details are available at [Hobbies | Turku.fi](https://www.turku.fi/kulttuuri-ja-liikunta/liikunta/harrastamaan).

Sports facilities are located in different parts of the city. Check out information on different sports facilities, such as location, opening hours at [Sports Facilities | Turku.fi](https://www.turku.fi/en/culture-and-sports/sports/sports-facilities). You can find locations of the sports facilities on the map at [Palvelukartta.turku.fi](https://palvelukartta.turku.fi).

Signed by the school principal and/or person responsible for physical activity

Hobbies/sports services staff:

* under school age: +358 (0)50 554 6219
* primary school age: +358 (0)50 590 7462 or +358 (0)50 516 7209
* young people: +358 (0)50 554 6250