

## **Get Fit, Get Healthy Week – 8<sup>th</sup>-11<sup>th</sup> January 2019**

Dear Parents/Carers

When we return to school on Tuesday 8<sup>th</sup> January 2019, we will be hosting a 4 day focus on our health and fitness.

Our curriculum that week will focus on fitness and health in all its forms including hand washing and teeth cleaning to keeping our body and mind healthy with exercise and relaxation techniques. We will also be focussing on our wellbeing relating to respect for each other and celebrating our differences. Over the four days, we will be hosting a range of activities led by both staff and outside agencies.

All children are encouraged to come to school everyday during this week, in appropriate **sports clothing** which must include jogging bottoms or leggings and a sweatshirt, as we will be participating in fitness sessions.

Returning to school after a Christmas holiday can be a challenge after all the excitement but we do hope that this theme week will be an exciting and important start to our New Year.

If you have any questions, please speak to the class teachers or myself on the front gate.

Yours sincerely

Rachel Hughes