



'ad omnia paratus'



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18<sup>th</sup> June 2018

Dear Parents/Carers,

We are very excited about our Key Stage 2 Health and Wellbeing week which starts next Monday. We have an action packed week in store where the children will be participating in a range of activities such as: fitness circuits, HITT sessions, boccia, skipping, Zumba, yoga, taekwondo and korfbal, as well as taking part in intra-house competitions.

The children will also be engaging in classroom based activities such as: mental agility, healthy living and eating and healthy technology habits. Please could you support us in our aim to get these important messages across to the children by continuing these conversations about health and wellbeing at home and support your child to make healthy lifestyle choices during this week and beyond, so that they become embedded.

Please ensure that your child has their full PE kit in school every day during this week and suitable footwear; please provide trainers where possible. Please could you also provide a warm sports top in case the sun isn't shining, as some of the activities will be taking place outside.

We also have a very exciting event to kickstart our Health and Wellbeing week as Tough Runner comes to Burton Joyce. This is a fun and challenging obstacle course that the children will complete. Please provide your child with a change of kit as there will be water involved and they may get a bit wet and muddy! Please also provide a plastic bag for them to put their wet clothes in. Below is a link so you can see the fun the children will be having.

[https://youtu.be/Qk\\_PUr-3ilQ](https://youtu.be/Qk_PUr-3ilQ)

We will be blogging daily to show you all the fun we are having so don't forget to follow us on Twitter on @INSIDEbjps.

If you have any further questions please do not hesitate to contact me.

Yours sincerely,

Mrs C. Muldoon

PE Co-ordinator



LOTTERY FUNDED