



Dear Parents,

6th March 2019

I am pleased to announce to let you know about the next exciting event in our busy sporting calendar. On **Monday 25th March**, we will be holding a whole-school event for our 'Healthy Bodies, Healthy Minds' initiative. 'Healthy Bodies, Healthy Minds Day' will be an off-timetable, exciting day of activities all themed to promote a healthy lifestyle including diet, exercise and mental health. The day will include a variety of fun, engaging sessions including:

- Freddie Fit
- Mile Run
- Mindfulness Sessions
- Inspirational Sporting Stories
- Nutritionists

This great day of activities will conclude with a whole school assembly. This assembly will feature a special performance from our Y5/6 dance club ahead of their festival performance later in the week. Additionally, the assembly will feature an inspirational talk from Blue Peter presenter, sports journalist and world record holder, Ayo Akinwolere.

As this is such a special day, all children should come to school on the date wearing sports appropriate clothing including football kits as they will be taking part in a variety of physical activities throughout the day. They should also bring a water bottle to school in order to keep hydrated.

I am so thrilled to see how motivated the children are and that they are enjoying and embracing our 'Healthy Bodies, Healthy Minds Day' - make sure you check Twitter on the day to keep up to date with the day's events.

We will also be serving a special themed lunch on the day:

HEALTHY BODY HEALTHY MINDS DAY MENU

Turkey Meatballs in Tomato Sauce
with Wholegrain Rice
Homemade Pizza & Salad (V)
Jacket Potato with Beans, Cheese or Tuna

Superfood Flapjack
Fresh Fruit
Yoghurt

Thank you so much for your continued support with the initiative.

Yours sincerely,

Mr Smith