



## Healthy Bodies, Healthy Minds Festival 2020

13<sup>th</sup> March 2020

Dear Parents,

Following last year's highly successful event, 'Healthy Bodies, Healthy Minds' Festival will be returning this year. On **Thursday 2<sup>nd</sup> April**, we will again be holding a whole-school event for our 'Healthy Bodies, Healthy Minds' initiative. The festival will be an 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
- Nutrition activities

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 following their performance at the Wirral School Games Primary Dance Festival the week before. Additionally, the assembly will feature an inspirational talk from Invictus Games UK captain, Bernie Broad.

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.

We are looking forward to the children enjoying and embracing the Healthy Bodies, Healthy Minds Festival once again - make sure you check Twitter on the day to keep up to date with the day's events.

Thank you for your continued support with the initiative.

Mr P Smith

PE Co-ordinator