CASTLE HILL PRIMARY SCHOOL
EVERY CLASS WORLD CLASS

Get Active Week

Wednesday 22nd May 2019

Dear Parents and Friends of Castle Hill,

As part of our ongoing passion and commitment to get our children more physically active and healthy, we are excited to confirm that Monday 24th June – Friday 28th June will be our 'Get Active Week', with the final day being Sports Day.

Throughout the week, the children will be involved in some workshop activities run by visitors to the school, along with some other activities throughout the school day (including The Daily Move). Therefore, please make an extra effort to ensure that your child has a pair of trainers in school throughout the week.

Furthermore, for Get Active Week children will receive additional merits for every minute of physical activity they do at home (in addition to the usual times tables and reading). This will hopefully get even more of our children moving and active!

There is an increasing amount of evidence to suggest that being physically active benefits not only our physical wellbeing, but also our social, emotional and mental health. Our activities are selected with this in mind and will hopefully result in the children developing positive experiences of physical activity.

If you have any further questions, queries or concerns about our Get Active Week, please do not hesitate to contact Mr Barraclough.

Kind regards,

The Castle Hill Team

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