



Head Teacher:

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INGLEBY MILL PRIMARY SCHOOL
HEALTH AND FITNESS WEEK 24th JUNE - 28th JUNE 2019

Dear Parent/Carer,

This is a themed week for the whole school in which the children will have lots of opportunities to be active and learn about healthy eating. Each class will be trying out new sporting activities, learning about national and international sporting heroes and finding out how to maintain a healthy lifestyle. Football will be a central feature because of the Women's World Cup.

It will include the Sports Days as set out below.

Years 3, 4, 5 + 6 - Monday 24th June

Reception, Years 1 and 2 - Wednesday 26th June

The events will all start at 1.30 p.m.

All the activities will be taking place on the various playgrounds and field. We would like you to come along and support your child on the appropriate day(s). We post regular updates on our Twitter and Facebook page if there are any changes regarding the weather conditions.

The children need to wear PE kits and trainers. (Please ensure that children have a PE kit in school all week).

If your child can wear a T-shirt of their colour team that would be helpful too. (Your child will be told their team colour by their class teacher). If your child is in Yellow Group they can choose to wear a yellow OR a white T-shirt as bugs are sometimes attracted to the bright yellow!

Caps, and sun-cream applied, are advisable if hot.

During the week there will be a variety of events taking place. All the children will get to do a selection of the events below.

- Year group competitions
- Trying out different sports
- Football activities and challenges
- Quiz
- Healthy eating and lifestyles
- Bike/scooter challenge- (more information to follow)

ON FRIDAY 28TH JUNE IT IS A NON-UNIFORM DAY FOR CHILDREN TO WEAR FOOTBALL OR SPORTY CLOTHES (no charge or donation required).

Please note that on the Sports' Days of the 24th and 26th June, the proprietors of the Fox Covet have asked that you **DO NOT** park your car in their car parks.

Thank you

Mrs. R. Hamblett

Mrs J. Wilkinson

