



Dear Parents/ Guardians,

We have been working hard to encourage our pupils to live healthier, more active lives. We have introduced more structured physical activities at lunch times and more PE clubs offering a wider range of sports to appeal to different pupils eg archery, entering more inter-school competitions and promoting good PE skills with our Sporting Superstar Certificates each week. Next week, we will be holding our very first half-termly competition across the whole school based on skills this half term's PE teaching has focused on. Each team will be allocated points and these will go towards an end of year, whole school winning team.

We are also delighted to announce that our school will be participating in a new exercise initiative called The Golden Mile. The Golden Mile is a safe, simple and measurable health initiative aiming to inspire and encourage the school community through physical activity with the focus on fun, rewarding personal achievement, raising money and school competition.

Every pupil can choose to run, jog, or simply walk and chat to their friends whilst travelling around the Golden Mile track either during school hours, as part of a break time activity or as an after school club.

We've challenged the pupils to complete a total of 50 golden miles by the end of the year. Certificates for 10 Miles (Bronze), 25 Miles (Silver) and 50 Miles (Gold) are awarded to children as they progress.

"The Golden Mile represents an excellent opportunity for primary school children of all abilities to get fit and be active. The project is simple, effective and accessible to all schools, children and parents. It really is an innovative and interesting project that will be embraced by both children and schools."

The Golden Mile Ambassador, Olympic Gold Medallist Duncan Goodhew MBE

We have a group of Year 5 pupils who attended 'Change 4 life' training and they are going to be organising a couple of personal challenge competitions which pupils can enter to try get the best score possible.

Let's work together to help our pupils live happy and healthy lives.

Mrs Bagni