



HAWRIDGE & CHOLESBURY CHURCH OF ENGLAND SCHOOL

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Headteacher: Mrs Rosie Phillips

4th June 2019

Dear Parents

Fit 4 Fun Week and Sports Day

Fit 4 Fun Week: Monday, 17th – Friday, 21st June 2019

We will be holding another Fit 4 Fun week this year. Over the week there will be an overarching theme of keeping fit and being healthy. Where appropriate, lessons will be themed around healthy living including what we eat and drink, personal hygiene, exercise and healthy minds.

We would like to offer a healthy fruit and vegetable snack bar for the week and are asking parents to donate £2 in order to pay for this. We will also need willing volunteers to chop and prepare fruit/ veg each morning.

Please complete the slip below if you are able to help. Please note that we will only be able to offer this if we get sufficient offers of help and donations.

The week will start with a 'Wake and Shake' fitness session on Monday for all classes and their families on the playground at 8.40am. We are planning to do this most mornings apart from Tuesday morning when we are planning to start the day with a 'Run a Mile' (although it may be slightly shorter!) and Friday when the Sports Day Medals will be presented (unless we have already had time to present them during Sports Day!)

Sports Day – Thursday, 20th June 2019

We are hoping for the good weather to continue so that Sports Day can take place.

The day will start with our KS1 events commencing at 9.15am with races completed by 11.30am.

In the afternoon KS2 will have their turn at competing against their classmates and scoring points for their houses. KS2 races will start at 12.45pm and all races will be completed by 3pm.

We would like to invite families to picnic with their children (weather permitting) from 11.30am on our school field.

KS1 children will be provided with a school packed lunch. The sandwich choice is ham, tuna mayonnaise or cheese and the children have already chosen this in class.

KS2 children will need to bring in packed lunches please as hot lunches are not taking place. If you have already booked a hot lunch via SchoolMoney then it has already been credited to your account. Please speak to the school office if you have a query.

Refreshments will be available throughout the day provided by our fabulous PSA, who have told us that any offers of help would be greatly appreciated. Please email them on hawridgepsa@hotmail.com or let the office know and they will pass the message on. Please note that these refreshments are for parents and younger siblings only. School children must remain with their classes during race time, but may have refreshments with their parents during the picnic lunch.

As always please make sure that your child is suitably dressed and equipped for the day. Sun cream and sunhats must be worn if it is hot and a waterproof jacket is always advisable. Please ensure that children have a fresh water bottle for the day too.

PE kits will be sent home with children on Friday. Children may wear their PE kit for the entire week as it is a sport-filled week.

On Sports Day itself it would be nice if children wore a T-shirt in their house colour.

Lastly, if anyone is able to offer a gazebo for the day to help provide shade or shelter, we would be very grateful.

I am sure we are all in for a very healthy and enjoyable week. Let's hope the weather is kind to us!

Many thanks in advance for your support.

Mrs R Phillips
Headteacher

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Please return this slip asap.

Fit 4 Fun Week: Monday, 17th – Friday, 21st June 2019

Child's Name:..... Class:.....

☐ I have enclosed £2 for healthy fruit and vegetable snack bars for the week.

I am able to chop and prepare fruit / veg on the following morning(s)

- ☐ Monday
- ☐ Tuesday
- ☐ Wednesday
- ☐ Thursday
- ☐ Friday

Name of Adult:.....

Contact Number:.....