



Midsomer Norton Primary School

'Part of the Midsomer Norton Schools Partnership'

High Street
Midsomer Norton
Radstock BA3 2DR
Tel: 01761 412289
Fax 01761 415896

Head Teacher:
Mr Alun Randell

office@midsomernortonprimary.co.uk
www.midsomernortonprimary.co.uk



Monday 27th April 2020

The 100 Challenge!

Dear Parents/Carers

You might have heard about Captain Tom Moore who has raised a huge amount of money for NHS charities by walking 100 lengths of his garden over a period of time. This inspiring man turns 100 years old on Thursday so we thought it would be a lovely opportunity to mark the occasion whilst taking the chance to walk as exercise.

We would like to challenge you to walk for exercise this week. Here are some ideas of how you could challenge yourselves **over the week**:

- Can you walk 100 laps or lengths of your garden?
- Can you walk up and down your stairs 100 times?
- If you are able to go on a walk, can you walk for 100 minutes? (20 minutes a day)
- Can you walk/cycle/scoot 10km?
- Can you find 100 mini beasts on your walks?
- As a family can you walk 100 km? (EG 4 people walking 5km a day each is 20km. Over 5 days this would total 100km)

We would like to create another **whole school video**. If you would like to take part, please **send us a photo or short clip of your child/family walking**. This could include things that you have seen on your walk.

Please send these to: photos@midsomernortonprimary.co.uk

Please make the subject: **Walking Video**

Please send your photo/video by: **Friday 1st May 2020**

Please remember to follow the usual social distancing guidelines.

We can't wait to see your contributions!

Best wishes and take care
Miss Dodington

