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# “part of the Midsomer Norton Schools Partnership" Headteacher: Karen Bazeley

Dear Parents and Carers, 18th November 2021

I just wanted to say a huge well done to all the children that participated in Health and Fitness Week last week, it was a very enjoyable week, and it was great to see all the children being so active.

The Daily Mile has been introduced to the children, a physical activity that the children will complete at least three times a week, completing 2 laps of the playground/field for KS1 and 3 laps for KS2 children lasting 10-15 minutes. Hopefully, this will see fitness levels improve as well as allowing the children a ‘brain break’ to help them all focus better on their learning. It has been in the national press this week that children’s fitness has been negatively impacted by the pandemic and we are striving to address this in school.

Please see below a note from Camvale Tennis Club:

*As part of ‘Health and Fitness Week’ at Longvernal Primary School, all children in the school participated in many workshops in a variety of sports in an effort to teach the children about the importance of sport, exercise and nutrition in order to stay fit and healthy.*

*One of the workshops held was by Ben Hardwick, who is the Head coach of Camvale Tennis Club in Paulton. He organised and ran a taster tennis session for all the children in the school and it was great to see so many children smiling and having fun whilst learning new skills.*

*Ben is also currently running 5 weeks of tennis sessions to the children in year 3 and 4 to raise the profile of the club he is at and get more children across schools active and playing tennis.*

*If anybody is interested in continuing tennis sessions with Ben or would like to know more about coaching and sports in the local area, please feel free to contact him on* *tennisaceben@hotmail.co.uk* *or look out for the ‘Camvale Tennis Club - Paulton’ Facebook page.*

The children thoroughly enjoyed their sessions with Ben, and it would be great to see some of the Longvernal children start tennis at the local club. The teachers were all impressed with Ben’s enthusiasm and knowledge of sport and how engaging he made the sessions with each of the classes.

Thank you for providing your children with fruit or vegetables for their break time snack, please can this continue as it is an important part of the promotion of a healthy lifestyle.

Kind regards,

Miss Collins

PE Co-Ordinator