



Longvernal Primary School

Outdoor Learning Leaders

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"part of the Midsomer Norton Schools Partnership"

Headteacher: Mrs Karen Courtier-Hird

November 2024

Health and Fitness Week 2024

Dear Parents and Carers,

Due to the huge success of our Health and Fitness weeks over the last few years, Longvernal will be holding another Health and Fitness week to continue to develop the children's awareness of how important a healthy and active lifestyle is.

The week commencing **Monday 25th November** has lots of activities planned that will enhance the children's understanding and provide opportunities for them all to try a variety of sports, some of which include, football, gymnastics and dance.

In order for your child to join in, please send them to school wearing sports clothing (this includes wearing trainers) every day. Most activities will be taught outside, so make sure your child has suitable clothing on, especially as the weather hasn't been great recently. Additionally, if your child has forest school, sports clothing can still be worn, however, please ensure they have long sleeves and trousers on and their forest kit is in school.

Thank you for your continued support with regards to break times and snacks. Please remember to only send your child to school with fruit or vegetables as snacks for break time.

We are always seeking parents/carers who have a love for sport and would be willing to give up an hour of their time each week to coach a sports team or run a sports-related club. Please get in touch with the office if this is something you could offer.

Kind regards,

Miss Collins
PE Co-Ordinator

We are building a community where learners have no ceilings to their aspirations and successes. Everyone is respected and loved in their own right.

