Dear Parents and Carers,

To promote healthy and active lifestyles across the school, Monday 8th November to Friday 12th November sees Longvernal host its first Health and Fitness Week! The purpose of this week is to enhance the children’s awareness of keeping fit and healthy and ways in which this can be done.

There are lots of activities planned for the children to participate in throughout the week, most of which with professional sports coaches and even Bath Rugby! To ensure the children are prepared for this, can **all** children wear sports clothing to school (this includes wearing trainers) **every day**.

Most activities will be taught outside, so please make sure your child has suitable clothing on, especially now the weather is changing. Additionally, if your child has forest school, please send them into school wearing sports clothing but ensuring they have long sleeves and trousers on.

Furthermore, **please only send your child to school with fruit or vegetables as snacks for break time** as it seems this is no longer happening. This will help with the promotion and their awareness of having a healthy lifestyle.

Any questions please ask your child’s teacher.

Kind regards,

Miss Collins

PE Co-Ordinator