

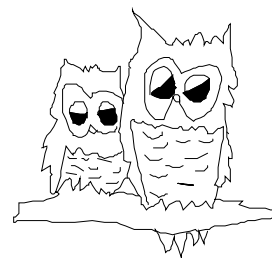
St. Oswald's

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Headteacher; Mrs Gill White

Wednesday 11th March 2020

Dear Parents,

We have a very exciting week planned for next week! The children will all be participating in a **'Healthy Me'** week from Monday 16th March – Wednesday 18th March and will be taking part in a range of activities related to being healthy.

The activities each class will be taking part in are timetabled below. Due to the number of activities taking place, some will need to be outside despite the weather so please ensure your child has their P.E kit in school and appropriate outdoor clothing.

Monday 16th March

Class 1	Class 2	Class 3	Class 4
Skateboarding	Healthy Eating	Sugar In Drinks	Classroom Session
Healthy Eating	Skateboarding	Healthy Lunch Boxes	Classroom Session
Healthy Cookery Session	Sugar In Drinks Session	Fitness with Pulse Leisure	Skateboarding
		Skateboarding	Fitness with Pulse Leisure

Tuesday 17th March

Class 1	Class 2	Class 3	Class 4
Yoga Workshop	Classroom Session	Swimming	Skipping Workshop
Classroom Session	Yoga Workshop	Skipping Workshop	Classroom Session
Classroom Session	Skipping Workshop	Classroom Session	Yoga Workshop
Skipping Workshop	Classroom Session	Yoga Workshop	Gymnastics

Wednesday 18th March

Class 1	Class 2	Class 3	Class 4
Woodland Wonder		House Dodgeball Competition	
EYFS/KS1 Multiskills Competition		Mental Health Workshop	Classroom Session
		Classroom Session	Mental Health Workshop



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After school on Tuesday there will be a Skipping Shop in the computer room, with a variety of skipping equipment available to buy. If your child is interested please come and have a look!

If you have any questions about the up-coming week, please feel free to come and speak to me.

Many thanks

Laura Morris



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