



Archdiocese of Birmingham
**ST. MARY'S CATHOLIC PRIMARY
SCHOOL**

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Headteacher: Miss H.M. Cusack M.Ed.



Wednesday 30th January

Dear Parents,

The week commencing Monday 4th February will be Health and Fitness Week in school. This week will be an opportunity for the children to learn about the importance of health and fitness in class, experience being active through different sessions from local agencies and be immersed in what it means to be fit and healthy. We include here, healthy minds and attitudes too. Please see the newsletter with reference to Internet Safety and how, in our technological times, this is part of being fit and healthy to be a member of society.

Uniform

As this week is dedicated to being active, we ask that all children come to school every day this week wearing their P.E t-shirt, school jumper, black, dark grey or dark blue tracksuit bottoms and pumps or sports trainers.

Parental Involvement

There will be opportunities throughout the week for you as parents to be involved in our health and fitness week. Please see the timetable for times when you, as parents, are welcome to come into school.

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Monday							
Tuesday	Daily Mile: 2.15-2.30	Daily Mile 2.30-2.45	Daily Mile 2.45-3.00	Daily Mile 3.00-3.15			
Wednesday	Healthy lunchbox talk 10.30- 11.00	Healthy lunchbox talk 10.30- 11.00	Healthy lunchbox talk 10.00- 10.30	Healthy lunchbox talk 10.00- 10.30	Healthy lunchbox talk 11.00- 11.30	Healthy lunchbox talk 11.00- 11.30	Healthy lunchbox talk 11.30- 12.00
Thursday					Daily mile 2.45-3.00	Daily mile 3.00-3.15	Daily mile 3.15-3.30
Friday	Between 2.00-3.00 parents can come into school to view our 'Gallery Showcase of Learning'. This will be work in the form of art, posters, photos and writing which will be showcased in the school hall.						

If you wish to take part in The Daily Mile with your child's class, this will take place in the playground. Please come to the side gate onto the playground just before the mile begins (see timings) where you will be let in by a member of staff.

If you wish to come to the healthy lunchbox talk, please come through the front of school as this will be in the school hall. Please arrive punctually.

Kind Regards

Mr Davis