



WHITLEY CHAPEL
First School

Whitley Chapel Church of England First School
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Dear Parents

Friday 15th September 2017

This year we are excited to introduce a new initiative - the *Friday night takeaway*. *Friday night takeaway* aims to provide all children with an engaging and often challenging physical task to attempt over the weekend and / or week ahead. It's purpose is to draw some meaningful physical returns out of routine day-to-day activities (such as brushing teeth).

Each challenge will come with three levels, with each asking a little extra of the participating player. Siblings and parents may wish to get involved also. Below are a couple of examples which we will attempt during September:

Every time you brush your teeth can you do so standing on your right leg only.

When watching TV try to keep a balloon off the ground for...

These challenges are, of course, entirely voluntary. We do however hope you feel motivated to give them a go and tell us how you found different ones. We'd also be keen to capture any favourite images of your children having a go at the various tasks.

Children will have the opportunity to track their own progress using a star chart where they can colour in the star relevant to the level achieved each week. At the end of the each half term children will be encouraged to bring their star charts into school to share with school staff.

Children and parents will be able to keep up to date with the current *Friday Night Takeaway* in two ways:

(1) Challenge updates will be uploaded onto the school website every week. We have added a specific section for the initiative to share challenges and capture progress.

(2) Every Friday the new challenge will appear on the window of Class 1 so that it is visible to parents, guardians and children at pick up times.

Please see attached your first *Friday Night Takeaway* challenge and a star chart to help you keep track of progress week to week.

We all look forward to finding out how you get on with the various takeaway challenges we throw at you.

Mr Williams