



Cambridgeshire
County Council



Monkfield Park Primary School

Acting Headteacher: Mrs A Howell
Acting Deputy Headteacher: Mrs L O'Rourke
School Business Manager: Mrs J Durrant

School Lane, Great Cambourne,
Cambridgeshire CB23 5AX
Tel: (01954) 273377
Fax: (01954) 273379
E-mail: office@monkfieldpark.cambs.sch.uk
Website: www.monkfieldpark.cambs.sch.uk

22nd September 2020

Healthy Lifestyles Week

Dear Parent/Carer,

From Monday 28th September - Friday 2nd October, we will be celebrating Healthy Lifestyles Week here at Monkfield Park. Through a variety of activities and workshops, we hope to educate the children to understand that good health is a state of complete physical, mental and social well-being.

We will share with the children tips and ideas of what they can do themselves and with their families to keep themselves happy and healthy. Including; relaxation techniques, learning new skills, family fitness fun and how to make simple and healthy snacks. On **Wednesday 30th September**, we have an organisation called 'Fit 4 Kids' visiting school who will be leading a workshop for each year group. Their school visits aim to; instil awareness, promote exercise and inject positivity. As the workshops will involve physical exercise, **all children will need to come to school dressed in their PE kits on Wednesday 30th September.**

We look forward to sharing with you the children's experiences from Healthy Lifestyles Week.

Yours sincerely,

Mrs O'Rourke
(Acting Deputy Headteacher)

