



Burnt Tree Primary School

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Head Teacher Mrs. J. Evans

Wednesday, March 08, 2017

Dear Parents/Guardian,

At Burnt Tree we are committed to ensuring that we all have a healthy lifestyle. Due to this we will be holding a healthy living week from Monday 3rd April.

To begin the week all children will make a pledge that they aim to uphold for the week and take part in Burnt Trees walk/jogathon. Then during the week we will be giving the children the opportunity to take part in a range of activities which will educate them in making healthy choices and ensuring they have an active lifestyle. The sessions will include workshops with sports professionals and health advisors who will explain the importance of keeping healthy and show the children how just small changes can make a big difference. There will also be the opportunity to take part in exercise and sport sessions, cooking sessions, sugar swap shops and discussions.

To end the week each class will take part in a special assembly to present what they have learnt and to share the pledges that they have achieved.

Due to the sports sessions that will be taking place, all children will need to ensure that they have their PE kits in school throughout the week. It is also likely that some sessions will take place outside; therefore, children may wish to bring tracksuits and trainers to use for these sessions.

If you have any questions regarding the week please speak to your child's class teacher.

Yours sincerely

E. Watkins

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