



24th November 2017

Dear Parents/Carers,

I am writing to inform you about our planned PSHE day on Thursday 30th November 2017.

All Year 7 pupils will be involved in a "Healthy Lifestyles" day. The day will include year 7 taking part in a range of activities that are aimed at promoting healthy diet and exercise.

The day will commence with all year 7 pupils eating a healthy breakfast together. All food will be provided. Breakfast will consist of selection of toast and juices. It is therefore important that parents make us aware of any special dietary requirements or allergies their children may have. Please feel free to send in an alternative breakfast with your child if you should wish.

We will then all take part in (and enjoy) a rigorous "Wake and Shake" aerobics session.

The rest of the day will be spent on project work where pupils will be focussing on body image and healthy diet.

Also, throughout the day, all pupils will also take part in a "Fun Swim" session and they will need to bring their **swimming kit and towel** to school. Pupils will be in their "normal" PE groups for this activity.

School uniform is not required on PSHE day, however we would like pupils to wear suitable sports clothing and trainers appropriate for the aerobics session.

We are really looking forward to this day and hope that all pupils will enjoy the activities planned.

If you have any concerns please contact the year 7 office on 02476 426200

Yours Sincerely

Debbie Hesketh
Year 7 Progress Leader

Donna Knowles
Year 7 Pastoral Leader