



# *St Mary's Catholic Primary School*

*Headteacher: Mrs Helen Armstrong  
Diocese of Plymouth*

12<sup>th</sup> November 2019

Dear Parents and Carers,

On Wednesday 4th December we will be holding a whole school health, fitness and wellbeing day.

Children to come to school in sports kit (this doesn't need to be St Mary's PE kit but must be comfortable sports wear to enable them to participate in a variety of activities and sensible trainers).

We will be hosting visitors from "fit4schools" and AFC Bournemouth, both of whom who will be providing workshops throughout the day.

All children will have the opportunity to pick an activity linked to health, fitness and wellbeing to attend within phases.

A "race for life" will be included in the day. Sponsorship forms and posters for the children to wear on their backs will be sent home shortly. All children who raise money for this event will receive a medal. Let's raise some money whilst keeping fit and having fun!

Please see below the link to our Just Giving page, please copy and paste in to your tool bar to access it:

[http://t.comms.cancerresearchuk.org/r/?id=hafa6d07,80f29e79,80f29e86&utm\\_medium=email&utm\\_source=mc&utm\\_campaign=N20LSRWE61&utm\\_content=N20LSRWE6103&utm\\_team=R4L%20Schools%20-%20IN%20-%20N20LSRWE61%20-%20Get%20Going%20Email&urn=643925116&p1=fundraise.cancerresearchuk.org/page/st-marys-catholic-primary-school-9](http://t.comms.cancerresearchuk.org/r/?id=hafa6d07,80f29e79,80f29e86&utm_medium=email&utm_source=mc&utm_campaign=N20LSRWE61&utm_content=N20LSRWE6103&utm_team=R4L%20Schools%20-%20IN%20-%20N20LSRWE61%20-%20Get%20Going%20Email&urn=643925116&p1=fundraise.cancerresearchuk.org/page/st-marys-catholic-primary-school-9)

Yours faithfully,

*Leah Evans*

Mrs L Evans  
PE Lead