



Dear Parents/Carers,

Active October

October is **International Walk to School Month**. We have had such a great time taking part in this over the last few years that we thought our children would really enjoy being involved again this year.

With this in mind, we have planned a **whole school challenge** for each of the 3 weeks in October to get everyone involved as well as re-launching our school 'daily mile'. You will receive more details for each event, but we thought it best that you have an overview of the next few weeks and our **Active October** programme.

- Week 1 (3rd – 7th October): Brainwaves will be launching our '**Walk to School Week**' and the children will be taking part in a selection of active workshops. Our annual 'Harvest' welly walk, will be a bit different this year... we are going to take part in the Countryfile Ramble! There will be more information to follow.
- Week 2 (10th – 14th October): Our theme will be '**Stay Safe and Healthy**'. We have more fun filled active sporting taster sessions planned and some safety workshops on different themes. We are also teaming up with Sainsburys for some exciting healthy eating workshops as well as re-launching our Park and Stride Initiative from the Church of the Nazarene.
- Week 3 (17th – 20th October): The last school week in October is '**Bike Week**'! We are hoping to get the school biking or scooting to school. We will also be launching a really exciting bike initiative for Early Years and Key Stage 1!

More information for next week (w/b 3rd October)

- Monday 3rd October, we will be launching Active October with all the children taking part in active hooping sessions.
- On Tuesday 4th October, each class from Year 1 to Year 6 will be taking part in skateboarding workshops.
- On Wednesday 5th October Key Stage 2 children will be having judo taster sessions.
- Friday 7th October will be our Countryfile Children in Need Ramble event (see separate letter)

N.B. PE kits will be needed on the following days for each class:

Reception	Monday	Year 3	Monday, Tuesday, Wednesday
Year 1	Monday, Tuesday, Wednesday	Year 4	Monday, Tuesday, Wednesday, Thursday
Year 2	Monday, Tuesday, Wednesday	Year 5	Monday, Tuesday, Wednesday, Thursday
		Year 6	Monday, Tuesday, Wednesday

Information about other events, will be shared via Seesaw/Tapestry. This is an exciting month that we are sure everyone will enjoy.

Thank you, Brainwaves