



Dear Parents/Carers,

Active October

October is **International Walk to School Month**. We had such a great time taking part in **this over the last few years** that we thought that our children would really enjoy being involved again this year. We have planned a number of fun activities and challenges to get the whole school involved.

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

- **Monday 4th October, we will be launching Active October with all the children taking part in either a fun active session or a taster archery session. There will be no charge for this and the children do not need their PE kit.**
(Year1/2 and 3 will need PE kit as they will still have pilates that afternoon)
- Week 1: Brainwaves will also be launching our Walk to School Week and the children will be taking part in the Daily Mile.
- Week 2: Be Bright, Be Safe week. We have another fun dance activity planned including glow sticks on the Tuesday morning! We will also be holding our annual Harvest walk but this time with a "be bright" theme.
- Week 3: Is Bike Week! We are hoping to hold a sponsored bike day on the Tuesday which will include a bling your bike or snazzle your scooter competition. We will also be making and selling bike themed biscuits at breaktime on the Wednesday.

There will be separate letters for each of these events, nearer the time, with more details. This is an exciting initiative that we are sure everyone will enjoy being involved in.

Thank you
Brainwaves