



Dear Parents/Carers,

### Active October 2023

October is International Walk to School Month. We have had such a great time taking part in this over the last few years and it has now become an annual tradition at Eastlea.

This year we have planned an action filled 4 weeks with some old but loved activities and some brand new ones that we think everyone will enjoy. Below is an overview however more information for key events will follow.

- Week 1 (2nd – 6<sup>th</sup> October): Brainwaves will be launching our '**Walk to School Week**' and the children will be taking part in a selection of active workshops including axe throwing (plastic ones!) archery, circus skills and a Colour Run.
- Week 2 (9<sup>th</sup> – 13<sup>th</sup> October): Our theme will be '**Stay Safe**'. We have more fun filled circus skills planned and some classes will be looking at safety, *e.g. stranger danger, road safety and being safe on-line*.
- Week 3 (16<sup>th</sup> – 20<sup>th</sup> October): This week in October is '**Bike Week**'! We are hoping to get the school biking or scooting to school. We have some scootering workshops planned and our biennial sponsored bike and hike events for each class. Our last classes will also take part in their circus skills workshops.
- Week 4 (23<sup>rd</sup> – 26<sup>th</sup> October): This is an '**Environmental Week**.' We are hoping to organise some litter picking around our local environment and also hold our 'Hike for Harvest'. This will again support the local food bank, a fantastic charity.

### More information for next week (w/b 2nd October)

- Monday 2nd October, Years 2, 3 and 5 will be taking part in an axe throwing/archery session.  
We will also be launching Active October with a Colour Run for Years 1-6 (see earlier letter).
- On Wednesday 4<sup>th</sup> October Years 3 and 6 will be taking part in a Circus Skills session

**Years 1-6 will need to wear OLD clothes and trainers on Monday (See Colour Run Letter)**

**N.B. There are some changes to when PE kits will be needed for next week - see the days outlined below for each class:**

<b>Reception</b>	Friday		
<b>Year 1</b>	Wednesday	<b>Year 4</b>	Thursday, Friday
<b>Year 2</b>	Wednesday	<b>Year 5</b>	Thursday, Friday
<b>Year 3</b>	Wednesday	<b>Year 6</b>	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