



Dear Parents/Carers,

Active October 2025

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 of some of the events we have planned however more information for key events will follow.

- **Week 1 (29th September – 3rd October)**: This is ‘**Environmental Week.**’ We start off with our community concert event where we welcome the Pearl of Africa choir into school. On Wednesday 1st October, we will be holding our ‘Hike for Harvest’. This will again support the local food bank, a fantastic charity. We are busy painting our walking stones that we will be leaving along the way to brighten up the walk to school. After the hike, we have organised for our Year 5 to go litter picking around our local environment. We have also organised for skateboarding workshops for all classes from Reception to Year 6 and the last sessions of Jiu Jitsu will also take place.
- **Week 2 (6th – 10th October)**: Brainwaves will be launching our ‘**Walk to School Week**’. They will be out to greet the children each morning and will be handing out stickers to children who have walked to school. (Please remember that the Church of the Nazarene car park can be used for Park and Stride... and if they walk from there then this counts as a ‘walk to school’.) This week the children can look forward to a Breakdancing session! Y6 will be out at ‘Safety Works’ and some will attend a dodgeball festival. We will also be welcoming Gemma from Sainsbury’s to look at Healthy Eating.
- **Week 3 (13th – 17th October)**: This week in October is ‘**Bike Week**’! We are hoping to get the school biking or scooting to school. The big event this week will be a sponsored Bike or Hike event on Thursday 16th, however we also have Storytelling yoga, Green Cross code training and further Sainsbury’s workshops involving cooking a budgeted meal at the JLV and making healthy brownies! We will end this week with Dancercise sessions throughout the school.
- **Week 4 (20th – 23rd October)**: Our theme will be ‘**Be Bright Be Seen**’. This week will include the second morning of Story Telling yoga and also some hooping sessions. It will finish with a really exciting Golden Day!

More information for next week (w/b 29th September)

You have already received a letter regarding the Pearl of Africa concert and information on Tapestry/Seesaw about the Harvest Hike (***please see the back of this letter for a reminder***). On Thursday 2nd October, we will be taking part in skateboarding sessions. This will include all children from Reception to Year 6. On Friday 3rd October Reception and Year 1 will be taking part in their Jiu Jitsu taster sessions.

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

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

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