



#### Active October Week 4

Dear parents/carers

Thank you for helping us to make Bike to School Week a success. It has been super watching all the children coming into school on their bikes and scooters. We have been recording active travel to school on a Wow Tracker and many of the children are now very close to earning their first badge. (They need to have actively come to school 8 times in a month for a badge). Thank you to all of you using the Park and Stride.

The wheelie challenges were amazing. Every year group thoroughly enjoyed their challenge.

This week, it is 'Be Bright, Be Seen' Week. We will be looking at how to keep ourselves safe especially with the dark nights.

We have a range of exciting activities for this week.

|          |                                                                                              |
|----------|----------------------------------------------------------------------------------------------|
| Monday   | Nursery, Reception and Years 5 and 6 will be taking part in their yoga sessions.             |
| Tuesday  | Reception, Years 1, 2 and 3 will be enjoying hooping sessions.                               |
| Thursday | GOLDEN DAY - Silent Glowing Disco and Colour Run (you will have received a separate 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> | Monday and Tuesday     |               |           |
| <b>Year 1</b>    | Tuesday and Wednesday  | <b>Year 4</b> | Wednesday |
| <b>Year 2</b>    | Wednesday and Thursday | <b>Year 5</b> | Monday    |
| <b>Year 3</b>    | Tuesday and Wednesday  | <b>Year 6</b> | Monday    |

We are really looking forward to enjoying our last week of Active October and hope everyone continues to be active over the holidays.

***The Eastlea Brainwaves Team***