

# Donnington Wood CE Junior School

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Headteacher: Mr. R. Fox

Deputy Head: Mr. J. Rawson

Assistant Head: Miss. F. Hupperdine

School Business Manager: Mrs. C. Bailey



*"The ones who plant and the ones who water work together as a team with the same purpose."  
1 Corinthians 3:8*

Dear parent and carer,

I am very pleased to inform you of some exciting developments in PE at Donnington Wood Junior School. We are looking to develop a cross-curricular '**Fitness for Life**' policy, in all aspects of school, that we hope you will all support and encourage at home.

- During this first half term we are trialling the idea of children **coming to school in their PE kit on the day they have PE**. In addition to their white school PE shirt and black shorts, we would recommend that your child wears dark joggers (black), their purple school sweatshirt, trainers and a coat when appropriate. The idea of this is to give us more time to learn and participate in games and should reduce the time lost through students changing or finding their kit. (They will do this even if it is raining as we will do indoor sports). The rota for PE is shown on the grid below. **THIS STARTS MONDAY 16<sup>th</sup> September.**

Mondays	Tuesdays	Wednesdays	Thursdays
Year 6	Year 5	Year 4	Year 3

- Linked to this is that, on their PE day, children will have the opportunity to arrive early to school (starting at 8.15am) and join in the **Donnington Daily Dash**. Children will walk or run for 20 minutes to complete a minimum of  $\frac{3}{4}$  mile. Over the year, this means that they will have completed **a whole marathon**. Daily distances covered will be recorded and we hope to issue a medal to each child when they have completed a marathon (26 miles). Children choosing to do this must stay on the activity until the school bell goes and will then make their way to their classroom. We hope that parents will encourage their child to participate in this activity, and would like to offer **you** the opportunity to join them at this time and to accompany them around the track!
- At lunch-times on their PE day, we will be providing a number of **sports clubs** for the Year Group.
- Each term we will be hosting a '**Park Run**' event in the afternoon for each age group where again you will be offered the opportunity to come in and 'run/walk' with your child for the afternoon (these are likely to follow the PE rota).
- Further to this, we are looking at offering **Healthy Eating workshops** where we plan to provide advice on diet, nutrition and food preparation on a budget. We are currently in discussions with local food retailers to assist us in this. (The Family Learning cooking course ( for parent and child) starts on the 16<sup>th</sup> September. (A letter about this is to follow)

I hope you will understand and share our desire to help your child develop a policy of 'Fitness for Life' to improve their lives in both the present and the future. We look forward to working with you on your child's healthy journey.

Yours sincerely,  
Mr Field

