



10th January 2025

Dear Parents and Carers,

R.E - Healthy Living Week '25

I am delighted to inform you that our school will be hosting its annual **Healthy Living Week** from **Monday, 13th January to Friday, 17th January**. This special week is an opportunity for our students to focus on health, fitness, and well-being through a variety of fun and engaging activities.

Please see a timetable of some of the activities taking place

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5
Mo n	Orienteering Yr 7 - this will take place in the Victoria Park area, please ensure 'School Visit' is ticked on Arbor	Orienteering Yr 7	Orienteering Yr 7	Orienteering Yr 7	Pickleball Yr 9
Tu e	Yr 10 GCSE PE Fitness session at the Engine room in Weymouth	Yr 10 GCSE PE Fitness session at the Engine room in Weymouth	Yr 7 Pickleball	Yr 7 Pickleball	Yr 7 Pickleball
We d	Yr 8 Pickleball	Yr 8 Pickleball	Yr 7 Pickleball	Yr 9 Pickleball	Year 7 x 10 spaces Year 8 x 10 spaces Visit Hangout gym cost of £3.50 First come first pay - available on ParentMail
Th ur	Yr 7 team building		Yr 8 team building	Yr 9 team building	Year 9 x 10 spaces Year 10 x 10 spaces Visit Hangout gym cost of £3.50 First come first pay - available on ParentMail
Fri	Yr 8 Cross Country	Yr 7 Cross Country	Yr 9 Cross Country	Yr 10 Cross Country	Yr 11 Cross Country



There will be activities before school, break times and lunch times including :

- Access to the school gym
- Football
- Netball
- Zumba

Our goal is to encourage students to try new activities, develop teamwork and resilience, and understand the importance of maintaining an active and healthy lifestyle.

All year 7 students will need to be in PE kit on Monday for orienteering and all students will need to be in PE kit on Friday for the cross country run. For all other days students should be in uniform and ensure they have trainers with them to participate in activities. PE lessons will be running as per the normal timetable alongside Healthy Living week.

If your child has any medical conditions or injuries that may affect their participation in these activities, please let us know in advance using the online medical note form so we can make the necessary accommodations.

We look forward to an energising and memorable Healthy Living Week for all our students.

Thank you for your support in helping make this week a success!

Yours faithfully

Mr M Randell

Mr Randell
Subject Coordinator