

## Swanmore C.E. (Aided) Primary School

8<sup>th</sup> January 2018

Dear Parents

### **BLAZE A TRAIL 2018**

From Wednesday, 10<sup>th</sup> January we are beginning an initiative to get the children moving more. Recent studies have shown that we are living a more sedentary lifestyle and to counter this Swanmore Primary School has decided to take action.

- On a Monday, Wednesday and Friday mornings at 8.25am the children are welcome to walk the playground ten times or alternatively they may run the field 3 times, both equivalent to one mile. Parents are very welcome to join in with the walking too!
- If children opt to run on the field, appropriate clothing would be advisable (trainers, shorts, t-shirt, sweater, etc). If the field is deemed unusable we will just use the playground.
- If the conditions are deemed too dangerous, ie ice, snow etc, the activity will be cancelled. Please check the school blog, as an update will be posted.
- If children are unable to attend early in the mornings there will be opportunities during the school week for the children to complete their miles.
- When they complete this activity they will receive a token of the colour of their house group, and will place it in the Blaze a Trail Box. They will then record their walk/run on a chart in the classroom.
- At the end of each half term the counters will be counted and the winning house will receive a special reward.

The children have already been told about this initiative in the school assembly this morning.

As mentioned previously BBC Inside Out have been filming for a documentary to be shown on 22<sup>nd</sup> January at 7.00pm. They will also be about on Friday, 12<sup>th</sup> January to film again, and it would be great to see as many of you as possible.

Yours sincerely

J Flynn  
Deputy Head