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Friday 5 October 2018

Re: Wake Up Wednesday

Dear Parents/Carers

We would like to inform you about a new initiative that we are going to be starting from Wednesday 10th October initially for Key Stage 2 (Y3 – Y6) children called "Wake Up Wednesday".

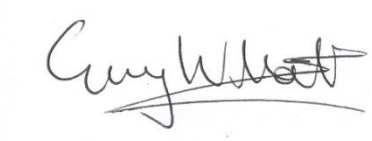
The challenge for the children will be to run a mile before school each Wednesday. We measured a lap with Y6 pupils during PE and it is about 0.25 miles around the perimeter of the field so 4 laps would be 1 mile. We will have circuit markers in place to encourage the children not to cut corners! The children are welcome to run as much as they can – the mile is just a guide/target.

Children can arrive from **8.15am** wearing suitable clothing for running and bring school clothes and shoes to change into once the bell rings at 8.45am. We will meet on the field beside the Huntley Road entrance. I will be on the field throughout this session although assistance from parents to help supervise, encourage the children or to join in and run too would be welcome.

Please note that the purpose of this is to encourage running – children dropped off early will be expected to run/jog – not merely play out.

We look forward to seeing wide awake children in class on a Wednesday morning!

Kind Regards



Guy Willatt
Deputy Head