



St. Jude's Church of England Primary School

Regent Road, Herne Hill, London SE24 0EL

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Headteacher: Miss Alexandra New ~ Deputy Headteacher: Mr David Winn

7th June 2018

Dear parents and carers,

This year, **Health and Fitness week is from 25th – 29th June**. The children will be taking part in a variety of sporting activities, cooking and sessions on living a healthy lifestyle. They will need to wear their school PE kit all week instead of their usual uniform. Trainers will be more suitable than plimsolls on this occasion. It is important that all pupils have their correct PE kit. Children must wear:

- a school T-shirt
- navy blue school jumper
- navy blue track suit bottoms or shorts
- suitable trainers.

Our **Sports Day is Wednesday 27th June** at Ruskin Park (**sunken field next to the gravel football pitch**) from 9.30am to 12.30pm. If it looks like being a hot day please send a sun hat and apply sun cream to your child in the morning before school. All support is welcomed. Bring the family!

The day itself will follow the same format as last year but there will be different activities on the carousel. Children from Reception to Year 2 will take part in 5 events (hurdles, dress up relay, rubber ring balance relay, bean bag throw, standing long jump). KS2 will take part in 6 events (javelin throw, hockey dribble relay, tunnel ball, running jumps, ladder relay, skipping relay). All the events will be taking place at the same time. There will also be sprint races (Reception – Year 6, parents and staff) and baton relay race (Year 3 - 6) after the carousel events.

The area the children will be using will be coned off. We would like all the parents/carers/ spectators to watch from outside of the coned area. This is to ensure that everything runs smoothly and safely.

May I also remind you that there will be **NO HOT SCHOOL DINNERS** on this day and your child will need to be provided with a healthy packed lunch – please no crisps, sweets, chocolate or fizzy drinks. They will also need an extra bottle of water.

If your child is in Reception, Year 1, Year 2 or you are entitled to free school meals (in Key Stage 2) and you would like us to provide your child with a school packed lunch please indicate below and return the slip **by Tuesday 19th June**. If we do not hear back by Tuesday 19th June we will assume you will be providing your child with a packed lunch.

We look forward to seeing you!

Yours sincerely,

Mr. Cutts,
PE Lead

My child will need a school packed lunch: Yes / No

Name:

Class:

Signed:..... Date:.....

