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Dear Parents

17th September 2025

Re: National Fitness Week 2025

It is approaching *National Fitness Week* and, as you may remember, last year we set ourselves the exciting challenge of “climbing” Mount Everest. This year, we are coming together to walk the equivalent distance of the famous Coast to Coast route — approximately 200 miles in total!

On **Thursday 25th September**, the children from Opal to Diamond will take part in a whole-school walk.

- Children in **Opal, Amethyst and Sapphire** will join us for the first mile of our journey.
- Children in **Ruby, Emerald and Diamond** will then continue for a further mile and a half loop before returning to school.

Being active is not only fun, but it also plays a vital role in keeping our bodies and minds healthy. Walking is a simple way to build fitness, boost energy, and support wellbeing — habits we hope to encourage in our children for life.

We would love for you to get involved and join us on our walk. If you would like to come along, we will be setting off together from the school yard at **1:30pm**.

As the route may be muddy in places, please ensure children (and any adults joining us) wear **sensible footwear** suitable for walking outdoors.

Thank you for your continued support — together we can make this another memorable and healthy challenge for the children.

Yours sincerely

Mrs A Green

Deputy Head Teacher

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