



Hanley St Luke's C of E (Aided) Primary

13th September 2016

Dear Mums, Dads and Carers

Increasing Fitness at Lunchtime

As you are aware, Hanley St. Luke's enjoys many sporting successes and opportunities for children to take part in numerous clubs and activities in and out of school.

We are exploring new ways to get **all** children involved in physical activity.

We are beginning a fun circuit based rota of outside activities with the support of Premier Sports Company who have much experience of implementing this fitness based activity.

All children will be involved in some form of activity during lunchtime. This is with a view to increasing their fitness, strength and flexibility over the course of the year.

We would like children to wear their trainers every lunch time to maximise their potential. As always no jewellery to be worn at this time.

I hope you will show your support and encouragement to your child to help improve their overall health.

Yours sincerely



Mr M A Barlow
Headteacher