



Archdiocese of Birmingham
St. Mary's Catholic Academy
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National Fitness Day – Wednesday 16th September

Dear Parents and Carers,

We are delighted to be taking part in National Fitness Day on Wednesday 16th September, providing the children with an opportunity to celebrate the importance of being active and enjoying physical activity.

Throughout the day, the children will take part in PE lessons and a range of active activities designed to encourage teamwork, participation and, most importantly, having fun while keeping active.

Children should come to school in their usual school uniform. **They will need to bring their PE kit into school so that they can change for their PE activities throughout the day.**

We would also love to celebrate the different ways our children enjoy being active outside of school. Children are invited to send in a photograph of themselves taking part in a sport or other physical activity, such as swimming, cycling, dancing, gymnastics, football or any other activity they enjoy. These photographs will be displayed on our National Fitness Day Wall of Fame in school, celebrating our active children and the wonderful range of activities they take part in. Please send your photographs to office@stmarysnewman.co.uk

Following the activities during the school day, we will also be holding an Active Families session, giving children and their families the opportunity to get active together and enjoy some fun physical activities. This will take place on **Monday 5th October from 2pm-3pm**. If you would like to attend, please log in to Arbor to register your interest. This will go live at 8pm tonight. Please are limited to 20 adults.

Thank you for your continued support.

Kind Regards

Mrs Sigley
P.E. Lead