



Love . Hope . Courage

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Friday 30th April 2021

Dear Parents and Carers,

Health and Fitness Week

To get us all moving again after a year of lockdown and confinement at home, we will be holding a Health and Fitness Week during school hours from **Monday 24th May - Thursday 27th May inclusive..** Over the period of the 4-day week, all the children will take part in a range of age appropriate activities that encourage a healthy lifestyle.

All children will also have the opportunity to do some cooking. Year R will be making cupcakes, years 1 and 2 will be making fruit salad, years 3 and 4 will be making gingerbread men whilst years 5 and 6 will be making pizzas.

On the final day, we will be holding an in-house, bubble friendly, sports day which will have more competitive elements between the house groups. Unfortunately, due to current government guidelines, we are unable to have parent spectators, however the newsletter will be dedicated to sharing the highlights of this event.

For that week, children must come to school in their **school PE kit**. Please ensure the children are well prepared for the weather as we will be utilising outdoor space as much as possible. In the event of warm weather please ensure your child has a sun hat in school and sun cream is applied in the morning. If the weather is looking wet, a waterproof jacket will be required. All children will need a water bottle and be encouraged to drink throughout the day.

Journey to Tokyo

As a part of a build up to the Olympic Games, we wanted to kick start the summer with the Journey to Tokyo. It is 6002 miles to Tokyo from Southampton. The whole staff team (including Nala), Governors and all the children will be taking part in long distance walking/running throughout the week totting up mileage. We want to see how far we can get as a whole school community!

Grown-ups this is where we need your help! We would like you to keep track of how many miles you cover on foot, as a family, over the course of Monday 24th, Tuesday 25th and Wednesday 26th May so that we can collate the information on Thursday 27th May. We will be asking you to send in a family total on the morning of Thursday 27th May. Smart watches and Fitbit's are great for recording this! As a community, let us find out how close we can get to Tokyo!

I am looking forward to a really exciting and fun final week of the half term.

Yours sincerely

Mr Nat Allen
PE Lead and Y2 Class Teacher

The Lord says "I will guide you along the best pathway of your life.
I will advise you and watch over you."

Psalms 32:08
NLT