



**PARK HILL
JUNIOR
SCHOOL**

Stanhope Road
Croydon
CR0 5NS
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Head Teacher: Mrs A. Pratt
www.phjs.co.uk

Thursday 10th June 2021

Health and Sports Week 14th-17th June

Dear Parents and Carers,

We are really excited that next week, the week beginning 14th June 2021, the children at Park Hill Junior School will be participating in our annual Health and Sports Week in line with the National Healthy Eating Week. Each day we have planned a range of fun activities based on keeping healthy and active which will be added into your child's normal school routine. These can also be accessed virtually. Please see the link below for further details of the British Nutrition Foundation.

<https://www.nutrition.org.uk/healthyliving/hew.html>

Please can we ask that your child comes into school in their PE kit on their normal PE day but brings their trainers to change into on all the other days. Thank you.

Travel to Tokyo with the GB athletes:

To celebrate the rescheduled Tokyo 2020 Olympic and Paralympic Games, schools and families have been invited to get active with the team GB and Paralympics GB's free virtual programme the 'Travel to Tokyo challenge', for children aged 5 to 11 and their families.

<https://www.getset.co.uk/travel-tokyo>

We are going on a journey of 47,349km, learning about lots of different nations on the way and if every time your child exercises on their own or with you, you log that activity it can help the Park Hill Junior School team get closer to Tokyo! All you need to log your activity is go to: <https://www.getset.co.uk/travel-tokyo/log-activity>

Then type in CR0 5NS and choose the school name.

Challenge the staff!

This is the chance for your child to try lots of 2 minute activities and test themselves against the formidable staff team's scores!

Healthy Eating Week activities:

Each day your child will learn about different ways to help you and your family to be healthy linked to resources from the British Nutrition Foundation.

Lots of other fun activities:

- Orienteering around the school site.
- Fun activities with Agata from the Croydon School Sports Partnership on Tuesday
- A 'foursquare' tournament and much more!

We are really looking forward to this week and thank you for your support in this years' Health and Sports Week!

Yours sincerely,

Mr Lindsey and Miss Filiga

PE Subject Leader and PSHE Subject Lead



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