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Department of Education
Busby Primary School
Church Road
Clarkston
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Dear Parent/Carer,

Fun Fitness Fridays – May 2019

Our Sports Committee have planned an exciting programme of fitness which will be delivered on Friday 3rd, 10th and 17th May as part of our Fun Fitness Friday. All pupils from Nursery to P7 will participate in outdoor fitness activities. Primary 1-7 should come to school in their outdoor PE kits on the dates mentioned above, with uniforms in their bags to change into later. Please ensure children have a waterproof jacket with them and a change of socks if it is raining. We would ask that parents only send in healthy snacks on these dates as part of our efforts to encourage healthy eating. Our school dinner hall will also be supporting us with Tuck options on these days, and fruit will be delivered to each class giving them the option to add to their 5 a day!

On Friday 17th May, we hope the fitness activities will be parent led. If you are available to work with Mrs Forsyth to deliver/plan activites on this day between 9am and 10.30am, please complete the form linked on the email. This could be aerobics, football, running, yoga – anything you can offer at all!

In addition, class teachers have planned a number of Health & Wellbeing lessons that will promote healthy lifestyle choices and there will be a two week family homework task issued on Monday 29th April.

If you have any queries, please do not hesitate to contact me.

Yours sincerely

Brydon Forsyth

Brydon Forsyth
Class Teacher

