

14.9.20 Superhealthy Thursday

We are delighted to welcome Active Schools Coach, Thomas Smyth to work with Heriot pupils and staff. Thomas will deliver outdoor physical activities and non-contact games every Thursday. For each class to receive a full one-hour session, classes have been timetabled on a fortnightly basis. Please see the timetable below for your child's fortnightly pattern.

On this day, your child should wear a suitable outdoor jacket (preferably with a hood). In the case of inclement weather, sessions will still go ahead unless conditions worsen. Leggings or jogging bottoms may also be worn on this day.

| Week 1 (Commencing 17th September) | Class | Week 2 (Commencing 24th September) | Class |
|--|--------------|---|--------------|
| 9.15-10.15 | P7 | 9.15-10.15 | P6/7 |
| 10.30-11.30 | P1a & P1b | 10.30-11.30 | P4/5 |
| 11.30-12.30 | P2a | 11.30-12.30 | P6 |
| 12.45-1.45 | P4a | 12.45-1.45 | P5 |
| 1.45-2.45 | P2/3 | 1.45-2.45 | P3 |
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If you have any questions, or wish to discuss these arrangements further, please contact the Deputy Head Teacher, Mrs Scollen.