

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

If you have any questions, or wish to discuss these arrangements further, please contact the Deputy Head Teacher, Mrs Scollen.