

People Directorate

Head Teacher: Liz Candlish

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Our Ref :EC/LS Your Ref:
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Dear Parent/Carer

Let's Shift

Our school is taking part in the Let's Shift Project this spring!

Working with Active Schools, we are encouraging our staff, pupils and families to SHIFT a little more with the aim of improving our Physical and Mental Wellbeing.

Our Health and Wellbeing Team have designed a programme which will include fun activities that will take place in school next term along with a family step challenge during the Easter holiday. Families will be challenged to walk the length of South Ayrshire (45 miles) during the holiday. Everyone in the family can join in and steps can be added together.

Please follow Active Schools on social media for more information on the step challenge. **Important information will be shared on Thursday 1st April.**

Yours sincerely

Emma Carroll
Principal Teacher