



Seafield Primary School
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Head Teacher: Mrs Lynne Egan

23rd May 2025

Dear Parents/Carers

Sports Day and Health Week

Our annual sports day and health week are coming up soon. Please take time to read the information below.

Sports Day – Friday 30th May 10.30am (weather permitting)

Pupils should come to school wearing sports clothes and ready to take part. No football colours permitted. They should bring a snack as usual and it would be helpful if children had a water bottle on this day. Family members are welcome to come along and watch however please remain on the outside of the school grounds to ensure that the children have enough space in the field for their events. Please do not take any photographs as some children do not have consents for this.

In the event of bad weather, we will look to reschedule to an alternative date. Please note that this might be a short notice cancellation, we apologise for any inconvenience this may cause but if this happens, it will be because the field area isn't safe to use.

Health Week – Monday 2nd June – Friday 6th June

Pupils can come to school wearing sports clothes this week. Again, no football colours are allowed. The children will be taking part in a range of activities which promote physical and mental health. One of the activities will be tasting "exotic" fruit. If your child has any allergies to any fruits that you haven't made school aware of, please let us know as soon as possible.

A new activity for this year's health week will be "Fun Family Fitness." This will be held on Tuesday 3rd June in Seafield Community Centre. One of our parents, Mr Mackenzie, is an instructor with Xcite West Lothian Leisure and he will be offering an activity for children and **one** adult from 8.45am until around 9.30. We would love to see some of you come along and take part!

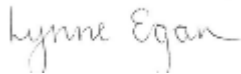


Please note that children must have an adult with them and they will need to be dropped off at school afterwards by whoever is with them. If your child is not taking part, they should come to school as normal for the start of the school day at 8.55. If you wish to sign up, please complete the e-form by clicking on the link below. For adults coming along, please be dressed for activity and bring some water, I expect you'll need it!

<https://forms.office.com/e/edvhm5aEaR>

We are really looking forward to these events which are a highlight of our annual calendar. A huge thanks to Mrs Denholm and Mrs Baird for their efforts in planning and organizing it all!

Kind regards



Lynne Egan
Head Teacher



