

Crossdale Healthy Living Week!

Monday 24th – Friday 28th June 2024



Year 5		
Date	Activity	Session Times
Monday 24 th	Golf Cricket Yoga	9:15-10:15 10:45-11:45 2:30-3:30
Tuesday 25 th	Paceball Team building Fun Swim	9:15-10:15 10:45-11:45 1:30-2:30
Thursday 27 th	No sports today- Y5 DT morning.	
Friday 28 th	Dance Basketball Big School Run	9:15-10:00 11-11:45 2:30-3:30

This year Crossdale will be running its annual Healthy Living week commencing **Monday 24th June**. This week is a week to provide a range of activities that help to keep our bodies and minds healthy and will include sessions such as yoga, cricket, eating well, paceball and basketball. The children and staff are all very excited and enthusiastic to take part in what should be a fantastic week.

The timetable above is for your child's class so that you know when and what they are doing, but please note that teachers will also be completing related activities in class too.

Remember... all of the children will need to attend school in sensible sports kit each day and wear their school PE kit on Wednesday for Sports Day. It would be advisable for all children to have a change of sportswear at school, in case we get bad weather.

In order to subsidise the week, we are asking all parents to make a contribution of £3. This can be paid on the School Money website, and we really appreciate your support with this. We are also extremely grateful for our wonderful PTA who are also contributing towards the cost of the external providers for the week.

Sports Day will be our usual format of races with refreshments provided by our PTA!

If anyone requires any more information on Healthy Living Week or the activities your child is doing please feel free to contact us on contact@crossdale.notts.sch.uk

Yours sincerely,

Miss Spencer and Mr Johnson