

# Crossdale Healthy Living Week!

Monday 24<sup>th</sup> – Friday 28<sup>th</sup> June 2024



<i>Reception</i>		
<i>Date</i>	<i>Activity</i>	<i>Session Times</i>
<b>Monday 24<sup>th</sup></b>	Yoga Teambuilding	9-9:45 2:30-3:15
<b>Tuesday 25<sup>th</sup></b>	Drumba Basketball Score Football Coaching	10-10:45 11-11:40 1:05-1:45
<b>Thursday 27<sup>th</sup></b>	Cricket	10-10:45
<b>Friday 28<sup>th</sup></b>	Class Trip Big School Run	All day 2:30-3:30

This year Crossdale will be running its annual Healthy Living week commencing **Monday 24<sup>th</sup> 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, drumba 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 wonderful 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](mailto:contact@crossdale.notts.sch.uk)

Yours sincerely,

Miss Spencer and Mr Johnson