

Dear Parents,

**On Wednesday 15<sup>th</sup> June we are going to have a series of activities connected with Food and Fitness.** The purpose of doing this is:

1. Remind the children of the importance of exercise and having healthy snacks
2. Raise some money for charity
3. Have some fun!

All classes will be involved with some form of exercise during the day which will be in addition to any PE or swimming classes. This may take the form of aerobics, yoga, team challenges etc. We are organising the events for Wed 15<sup>th</sup> June as it is one of the rare occasions we can have un-interrupted access to Senior Sports facilities as the Senior School will be at their Sports Day.

It would be much appreciated if you could kindly sponsor your child for taking part in these activities. May I suggest a figure of around £3.00 per child. Smaller amounts than this will be fine, it is the taking part that really matters. Sponsorship monies should be sent in with a child on the morning of Wed 15<sup>th</sup> in an envelope and handed to the class teacher.

Some P3 children will be making some healthy snacks to be sold by the School Council. No items on the Healthy Snacks stall will cost more than £1.00 with most items under 50p.

We are raising money for *The Scottish Community Foundation*. This is a charity that supports a wide range of organisations right across Scotland and particularly in rural areas. It gives funding for diverse purposes such as paying for transport for a Brownie Pack, supporting baby and toddler groups, local drama clubs etc.

It should be a very enjoyable day. Your support is greatly appreciated.

Yours sincerely,

Richard Teall  
Deputy Head of the Prep School