Ladygrove Primary School and Nursery
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Headteacher: Joanne Weichlbauer
Bed(Hons)NPQH
School business manager: Selina Mahy

Dear Parents and Carers,

Our Active Council at Ladygrove consists of 13 children who work with Mrs Tamplin to promote Physical Education in school. They work together to help our children in school to make Lunch and Breaktimes more active and to educate each other about the importance of living a healthy lifestyle.

As part of their project on prompting 60 active minutes a day, they have created a challenge for our children in school and their families to complete. This challenge consists of completing 30 minutes of being active as a whole family a day and attempting 60 minutes at the weekend. We would like all of our families to become 'Active Stars' over the next 4 weeks.

Each child in school will be given a form to complete called 'Get in the Ladygroove'. Please complete the names of family members and the activity completed each day. We ask that the completed forms are returned back to school on a Monday. Each form that is returned will be entered into a prize draw to win a family pass for ice skating at Telford Ice Rink.

We hope that you enjoy taking part in our active challenge.

Many thanks,

Mrs Tamplin (PE Coordinator)