



REDHILL PRIMARY ACADEMY

Gatcombe Way, Priorslee, Telford, TF2 9GZ

General Enquiries: redhill@redhillprimary.co.uk

Redhill Parent Enquiries
parentcontact@redhillprimary.co.uk

Website: <https://redhill.ttsonline.net/>

Senior Administrator Fay Hurford
fay.hurford@redhillprimary.co.uk

Telephone: 01952 327170

Kitchen: 01952 327257

Dear Parents and Carers

23rd February 2021

Here at Redhill Primary Academy, PE and sports play a huge role in keeping our pupils healthy and active. We place a big emphasis on sports both within our curriculum teaching time but also beyond through extra-curricular clubs and participating in competitions. We are acutely aware that much of the enrichment in sport we offer has been cancelled over the past year due to COVID-19. We feel really passionate about ensuring that our children have opportunities to take part in various sporting activities as the weather continues to improve and we can be outdoors.

As you know the benefits of exercise is vast, and they are not just physical. Sport can boost self-esteem, reduce stress and improve sleep. Alongside this, sport allows children to develop numerous skills and values: leadership, collaboration, patience, discipline, perseverance and resilience to name a few. Finally, much research has pointed to exercise having significant knock-on effects in a child's academic performance.

Therefore, we are launching a 'Get Fit for Summer' programme where our children will have a variety of sporting activities to take part in on a daily basis. We are increasing our curriculum teaching time to three sessions per week, rather than two and starting every day with a morning run within or around the perimeter of the school grounds. At lunchtimes, there will be running clubs, football and multi-sports available and we will be running after school clubs in hockey, football, tag rugby, netball, dodgeball and many more. We are therefore asking children to come into school in their P.E. kits and trainers on a **daily** basis. We understand that you may not have enough P.E. kit for the entire week so request that children wear clothing which reflect the school colours: black joggers or leggings, PE t-shirt or plain white t-shirt, school black hoody or plain black hoody.

We will also be delivering a mental health and well-being themed week of learning, which we have named the Calm Project, when pupils return during the week beginning 8th March. Adapting some resources from the well-known mental health children's charity, Place2Be, all children will be completing a range of activities which explore spotting and sharing worries, settling thoughts, soothing senses and thinking of other emotions like hope and happiness. After this week, we will continue our focus on mental health and well-being ensuring that children have their weekly PSHCE sessions and daily circle time activities, providing children with opportunities to have thoughtful and meaningful discussions with school staff and their peers.

Our aim is that through this approach of prioritising physical and mental health and well-being, we can help our pupils to become happy and resilient individuals who have a love and passion for sport, in a way which will help them maintain their health and fitness into their later lives.

Yours sincerely

Claire Whiting
Headteacher

"What we instill in our children will be the foundations upon which they build their future" - A Valued Me Redhill embodies this through our core values of respect, friendship, responsibility, empathy, honesty & independence.

