



Executive Head Teacher: Andrew Smith B.Ed (Hons), M.Sc, NPQH

Head of School: Nichola Allerston BA (Hons) (QTS), NPQH

Market Rasen Church of England Primary School (VC)

Mill Road, Market Rasen, Lincolnshire, LN8 3BL

T: 01673 842395 F: 01673 843866 E: enquiries@marketrasen.lincs.sch.uk

www.marketrasen.lincs.sch.uk

Learning Together for Life

Thursday 13th February 2020

Dear Parents / Carers

Twitter Fitness Challenge

As you are aware, health and fitness are very important to our school and we pride ourselves on the commitment that we demonstrate daily. This includes such things as being a water only school, the amount of extra-curricular sports clubs we provide, our packed lunch policy, daily mile and our great success in out of school competitions. We know that having a healthy lifestyle leads to higher attainment which ensures a better future for our learners both academically and for their health.

As part of our continued commitment, we would like to set up a monthly fitness challenge through our Twitter @northwoldsfed for you to complete with your family.

Each month, myself and Mr. Maidment will put a video on Twitter of a fitness challenge and a description of how to complete the challenge. All you have to do is record yourself completing the challenge with your family and tweet the video back at us.

For each challenge, there will be a prize for the video that 'catches our eye the most'. This could be for many reasons, maybe you completed the challenge perfectly, maybe lots of your family and extended family were involved, maybe your family completed the challenge in an interesting place or they did it in a funny or surprising way. We look forward to seeing all of your different entries!

As we post these challenges, we will also tag neighbouring schools, clubs, public figures and communities to see if we can get others involved in getting active.

The main aim of this initiative is to further challenge and have fun with fitness in our school community. We hope that you will join us and have fun while being active.

Yours sincerely

Mr D Toothill
PE Teacher

Mr B Maidment
PE Teaching Assistant

Our Key Values: Caring, Honesty, Commitment to Achieve, Fairness, Co-operation, Respect



Our Key Values: Caring, Honesty, Commitment to Achieve, Fairness, Co-operation, Respect

