

# Whitwell Primary School

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Head Teacher: Mrs L Duncan  
Deputy Head: Mrs S Tomlinson



Dear Parents / Carers,

## National Fitness Day on Wednesday 21st September 2022

National Fitness Day is the most active day of the year. It is a day when people of all ages, backgrounds and abilities come together to celebrate the fun of fitness and to recognise the incredible physical, social and mental benefits it brings to our lives.

The campaign aims to inspire the nation to be active and to celebrate the positive impact being active has on our physical, mental and social wellbeing. It can make you happier, improve your sleep, help you switch off, connect with other people, raise your energy levels and increase your productivity.

To get in your daily active minutes and build a habit for life, we would like to encourage **active travel to and from school on this day and thereon**. Scooters are a great way to travel to school. They can be stored in the bike racks on the KS2 playground or alternatively parents/carers can take them home with them. Please remember that once on school grounds children must dismount the scooter and push it only, to maintain health and safety.

During the school day, we will all be doing an **Active Mile** whereby children (and teachers!) can walk, run, skip or hop their way around a mile!

The Early Years unit will be doing lots more activities with the children throughout the day.

National Fitness Day can help remind all of us to prioritise our health and wellbeing, whatever the challenges we face each day. By investing in our health and connecting with other people through physical activity, we can improve our mental strength and feel more positive together.

Let's do this!

Amy Plaister

P.E. Coordinator



Believe, Endeavour, Succeed Together!

