

Lyndhurst Community Primary School

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16<sup>th</sup> June 2016

Dear Parent/Guardian,

"National School Sport & Health Week"

Next week we will be participating in a range of sporting and health related activities. (Fingers crossed for fine weather!).

Please ensure your child has suitable clothing and footwear available each day so that they can participate.

Each morning we will be starting the day with a "Wake 'n' Shake" session on the playground - you are very welcome to join in!

During the week we will be attempting to walk from Manchester to London on the school field, taking part in our own mini "Race for Life" and participating in workshops courtesy of Morrisons.

Pupils will also be making healthy smoothies with the following ingredients Spinach, Coconut Water, Tangerines/Oranges, Mango, Pineapple and Limes. If your child has any allergies to these ingredients, please contact the school office, otherwise we will assume your child is able to have the smoothies.

If you would like to make a donation towards our "Race for Life", please hand your money to your child's class teacher.

We are looking forward to a busy week.

Yours Sincerely,

Mrs J Woolfenden  
Headteacher