

## ST CHAD'S PATCHWAY CE VC PRIMARY SCHOOL

Headteacher: Mrs. S. Jenkins  
Tel: 01454 866523  
E-Mail: [admin@stchadsprimaryschool.co.uk](mailto:admin@stchadsprimaryschool.co.uk)  
Website: <http://www.stchadsprimaryschool.co.uk/>  
Twitter: @StChadsPrimSch

Cranham Drive  
Patchway  
South Glos  
BS34 6AQ

Wednesday 6<sup>th</sup> March

Dear Parents/Carers,

### Morning 'Wake and Shake' Session

As you know, St Chad's is a school known for its excellence in sport and we also know the importance of children being active during the day as it can have a positive impact on their physical and mental well-being. Keeping this in mind, we are going to be thinking about getting the children more active in the school day to increase their physical and mental well-being.

Every morning, we are planning to have a 'Wake and Shake' session on the playground for 10 minutes. The children should still arrive for school at the **normal time** with the gates opening at 8:50. Children will then come round to the playground as normal where they will be greeted by myself (Miss Davies, Year 1) and they will participate in a 'Wake and Shake' activity. We will have some music on the playground for the children to move to. This will be taking place every morning and the children will be encouraged to join in. If it is raining, the class teacher will carry out a small 'Wake and Shake' activity in the classroom before the day of learning begins. This means the children will still follow the same wet morning procedure if we have a wet morning on the playground.

As you know, we are continuously aiming to increase and improve opportunities for physical activity at St Chad's. This has improved considerably over the years and is recognised by the Gold Mark that we have been awarded twice now. This year, we are aiming to increase the numbers of children participating in at least 30 minutes of physical activity a day. 'Wake and Shake' will help us to do this, along with attendance at lunchtime and after-school clubs, active break and lunchtimes (for example, trim trail use, table tennis, the gym, football, running games), Sports leader opportunities, PE, Games and swimming lessons, and active travel to school. The list could go on!

I look forward to seeing all the children enjoying a morning 'Wake and Shake' session. The 'Wake and Shake' sessions will begin on **Monday 11<sup>th</sup> March**.

Thanks,

Miss Davies (Year 1 Teacher)  
Sports Leader

