



**Roselands & Stafford  
Federation**

## **Stafford Junior School**

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**Executive Headteacher:** John Maxwell

**Head of School:** Mike Walton

Monday 7<sup>th</sup> January 2019

### Morning Activities

Dear Parents / Carers,

Happy New Year! We are looking forward to changing some of our morning activities this term to encourage the children to be more active. It sets them up for their learning and helps them become fitter and healthier.

This term, we will have running the Stafford Mile on the MUGA and a range of other tag games. However, on a Wednesday, we would like the children to be given the opportunity to scooter or rollerblade / rollerskate in the MUGA. The children will need to bring a helmet if they wish to take part.

There will be a range of other activities and the Year 6 children have also designed some new games to play – watch out for these!

Please encourage your child to come in on time (8.20am) to the playground to join in an activity. They are all expected to participate, not stand around and chat! Maybe you could set them a challenge – how many skips can you do today? Can you run further than yesterday?

Let's encourage our children to be healthy and help us reach the Government's target of 60 Active Minutes a day!

Many thanks,

Mrs L Lloyd

