



GIBSON PRIMARY SCHOOL

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8 March 2023

Re: Food & Fitness Week

Dear Parent

We are planning on holding a 'Food and Fitness' week from Monday 27 March to Friday 31 March for all pupils in school. As you may be aware we have a child in school who suffers from an extremely serious heart condition. Mrs McMullin is running this year's London Marathon for the Children's Heartbeat Trust, a Northern Ireland charity which supports children and families who suffer from heart disease.

In order to support Mrs McMullin and to raise awareness among our pupils we are planning a number of activities including:

- Free healthy breaks for all pupils from Monday 27 March – Friday 31 March (supported by Omagh District Council)
- A fitness challenge for the pupils
- A walk to school day on Friday 31 March when parents and pupils can join us for breakfast in the school canteen

Our aim is to raise money for both the Children's Heartbeat Trust and School Funds by having a sponsored run around school. It is our intention that a designed course will be set out around school grounds and that all pupils will practice throughout the week, before the fun event on Friday 31 March, which is also the last day of term (early finish).

Pupils will wear PE kits to practice throughout the week; but can wear appropriate sports clothes on Friday 31 March for the actual event. They will have a designated amount of time (approximately 45 – 60 minutes) and can complete as many laps as possible. It is hoped that everyone in the school (staff included) will complete at least one lap!

Sponsorship forms will be sent home in the coming days as will details regarding our Walk to School Day and how to book tickets for the breakfast event.

I am sure you will agree that this is an extremely worthwhile cause. We have aimed to make this as fun and interactive as possible for the children and look forward to your support for this exciting event.

Yours sincerely

K. Sterritt

K Sterritt (Mr)

Principal