

Head Teacher: Mrs Sonia Magan

Together We Achieve

Wednesday 5th May 2022

Dear Parents/ Carers,

RE: 'Getting match fit' programme for Year 5 and Year 6

As part of our continued work on wellbeing at Woodlands, we have organised for our Year 5 and Year 6 pupils to take part in a programme called '**Getting match fit**' which will be taking place every Thursday. The lessons will comprise of **1 hour of classroom activity** and **1 hour of rugby and fun games with a London Broncos player**.

Project Description:

West London Community CIC, delivering various projects to inspire and improve the lives of people in our communities. For all the London Broncos players it is of vital importance to be both physically and mentally fit so that they can perform at their best., Getting Match Fit will teach you some ways to deal with difficult situations in a better way and not feel that everything is out of your control. **This project will develop the resilience of its participants and give them some of the tools needed to deal with difficult situations.**

Please ensure that your child wears their PE kit brings a water bottle to school on the following dates:

Year 6

Thursday 12th May

Thursday 19th May

Thursday 26th May

Thursday 9th June

Year 5

Thursday 16th June

Thursday 23rd June

Thursday 30th June

Thursday 7th July



and

Yours sincerely,

Ms Moxom

Acting Assistant Headteacher



SCHOOL
MEMBER

