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Dear Parents and Carers,

On Monday 16th October, the children at Howes will be having a Kickstart the Heart Day! The aim of this day is to encourage children to lead an active and healthy lifestyle and to understand how they can keep their heart healthy.

As part of this day, all children will be having a Commando Joe session. Can we please ask that all children bring their PE kit into school on this day, with long hair tied back and no jewellery to be worn.

We would like to use this day to encourage an active and healthy lifestyle so if possible can they please bring a bottle of water to school with them.

We are very excited about this day! You will also be able to see photos of the day on our Twitter page and the class blogs! If you do have any questions about this day, please do not hesitate to contact me.

Miss P Gandy
Sports Coordinantor

