



‘Spurring each other on with love’

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Headteacher: Mrs Tameka Hamilton

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Dear Parents and Carers,

I hope this letter finds you well. We are thrilled to inform you that our Foundation classes have been offered an exciting opportunity to introduce 'Balanceability' into our curriculum. This course aims to provide children with a safe and enjoyable introduction to riding a bike, fostering a healthy lifestyle by encouraging increased physical activity.

Balanceability sessions will take place during school hours on the Key Stage Two playground. In case of inclement weather, the activities will seamlessly transition to the main hall, ensuring that the children receive the full benefits. We are delighted to share that all necessary equipment, including balance bikes and helmets, will be provided for each of these sessions.

The course will be delivered by qualified instructors affiliated with the Plymouth School Sports Partnership (PSSP), ensuring a high standard of expertise and professionalism. They will work alongside our Foundation staff to support all the children throughout the course. We believe that this initiative will not only enhance your child's physical development but also contribute to their overall well-being. The details of the Balanceability course are as follows:

Dates: Monday 3rd to Thursday 6th March 2025 (inclusive)

Attire: Children are required to wear their usual school tops along with either tracksuit bottoms or leggings.

Importantly, there is no charge involved and we are grateful for the opportunity to offer it to our Foundation pupils. To ensure your child's participation, kindly complete the consent forms through the link in the Bikeability Balance letter.

We are confident that this course will be a valuable addition to our curriculum, promoting physical activity, teamwork and a positive attitude toward a healthy lifestyle. If you have any questions or concerns, please do not hesitate to reach out to us.

Thank you for your continued support in providing enriching experiences for our pupils.

Yours sincerely,

Mrs T Hamilton, **Headteacher**

