

4th September 2015

Dear Parents/Carers

We would like to inform you that all of the children at Middlefield will be going for a 20 minute walk every day. This is to help the children stay fit and healthy through exercising outside, as well as helping them to maintain concentration in their lessons.

This is already underway and this is what some of the children had to say:

"I like the 20 minute walk because it helps me to exercise and have fun."

Year 1.

"It gave me more energy for the afternoon and I had fun walking with my friends and all the teachers."

Year 2.

"It's fun, healthy and I really enjoy it!"

Year 3.

"It gives me energy and it was lots of fun!"

Year 4.

"I like the 20 minute walk because we get to be outside and enjoy nature."

Year 5.

"It helped me to concentrate and learn because it allowed me use up all of the energy that I have. I know that it's going to help me to get fitter."

Year 6.

Alongside this we also have some brand new pedometers for each class to use. This will allow us to calculate how far we are walking each day and even try to beat some of our own records.

We hope that this encourages you to join in our walk to fitness!

Yours sincerely,



Year 6

Middlefield Primary Academy