



Mr Rutherford's PE Newsletter



Hello again all! I just want to start by saying how wonderful and refreshing it is to have you back at school and back into some normality. For the last few weeks of term, we have been focusing on multi-skills, dance and basketball while year 4 have started back at swimming. Have a great break and try not to eat too many Easter eggs!



EXERCISE
your brain!



LEARN
something new!



READ
a book!

How are you feeling?

With all the different restrictions and routines, we must follow currently, it is absolutely fine if you are confused or worried about how you are feeling and behave.

Nobody knows how we should feel about the current situation. This is something that has never happened before so we must all work together to make daily school and home life as enjoyable as possible for yourself and others.

Things you can do to improve how you feel

- Exercise and eat better
- Read/learn something new
- Have fun
- Make a routine
- Talk to someone about how you're feeling (teachers, parents, friends and siblings)

You should always treat others how you would want to be treated because you do not always know how they are feeling. Remember it's good to talk, Mrs Mack is always happy to lend a listening ear and support you.

The Tankersley challenge

First of all I would like to say thank you to those who got involved in the challenge, it was great to see your photos of you being active.

The hardworking participants will be given their certificates and treats in school and hopefully this has inspired healthy habits for life.



Parents and guardians

Mrs Mack has created a survey which we would like you to take about school. Please use the link provided and any questions get in touch

<https://www.surveymonkey.com/r/7CVLKP8>

CTRL + click

Thanks!