








 Learn • Believe • Achieve • Together

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St Hugh's Active Challenge 2018

Dear Parent/Carer

The St Hugh's Active Challenge 2018 is an initiative that I would like to get up and running in school. The main aim is to get students and their families to be more active than they currently are. The challenge is to see how many active days can be achieved from 1st February – 31st December 2018 (334 days). Active sessions can be any form of exercise that gets the heart working faster (walking, running, swimming cycling, martial arts, trampoline, gardening etc.) and should be for a minimum of 20 minutes per day. The more active days completed, the more beneficial it will be for your child.

In order to help you keep track I will produce a log book which can be filled in. Each week I would then ask that a note is put in your child's journal to say how many active days they have completed that week. I plan to set up a leader board in school so we can keep track of the number of active days that the students have completed. I would aim to update this on a weekly basis. To celebrate achievements I will produce milestone certificates e.g. 7 days, 25 days, 50 days etc.

If your child would like to take part in this challenge please indicate below and once I have created the log book I will send it out ready for the start of challenge. The scheme will run on an honesty basis in that I will trust that whatever is in the log book is true. I will put some ideas in the log book that may help during challenge. Please contact me if you have any questions.

David Robinson

St Hugh's Active challenge

Student name: _____

Team: _____

My child would like to take part in the challenge.

Parent/carers name: _____

Signed: _____

