

ST HUGH'S SCHOOL



Learn • Believe • Achieve • Together

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Head Teacher: Tracy Millard

St Hugh's Active Challenge 2020

Dear Parent/Carer

The St Hugh's Active challenge was set up in order to try and encourage students and their families to become more active. The challenge is to see how many active days can be achieved from 1st February – 31st December 2020 (335 days). Active sessions can be any form of exercise that gets the heart working faster (walking, running, swimming cycling, martial arts, trampoline, gardening, exercise/ fitness video 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 have produced a logbook which gives information about the challenge and gives some ideas of activities that you may be able to do. Within the challenge there are a number of milestones to try and achieve. These are listed on the logbook data page.

If your child would like to take part, please indicate below and I will send a logbook ready for the start of challenge.

David Robinson

St Hugh's Active challenge 2020

Student name: _____ Team: _____

My child would like to take part in the challenge.

Parent/carers name: _____ Signed: _____



Artsmark Silver Award
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