

Red Barn Community Primary School
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Dear Parent/Carer,

After the Christmas holidays the **Red Barn Sports Crew** will be introducing the '**Alive in Five**' activity session to activate the children before and during the school day. These sessions will take place at 8:50am on the main school playground and during lunchtimes on both playgrounds at 12:50pm. As parents and carers, you are welcome to join in with your child/children and (if you feel motivated) you could even run a five minute morning session for us! It has been scientifically proven that aerobic exercise can make children more focused by stimulating brain growth and boosting cognitive performance.

These sessions will start on Monday 8th January 2018 and will be part of the Red Barn school day. In order for your child/children to get the most out of the '**Alive in Five**' activity sessions, it would be beneficial for your child/children to arrive in time to participate in this snappy five minute activity.

The Red Barn team would like to wish all children, parents and carers a very **Merry Christmas** and a **Happy New Year**. We look forward to seeing you in January 2018 fit and ready for action!

Yours sincerely,

Mr Milburn, Mrs Loveless, Mrs Gardiner and Mr Rowlands

The Red Barn PE team

