



18th March 2018

**Sport Relief Week 19th March - 23rd March**

Dear Parents and Carers,

This week at CLB we are learning about and celebrating Sport Relief. We will be talking to the children about both the benefits of being healthy and living a healthy lifestyle, as well as why we do things for Charity and others.

In order to support them with their learning about Charity and why we support them, please can we ask for your help? We thought it might be nice for your child to bring in something they are happy to donate to charity. This could be an old toy they no longer play with, or a piece of food or clothing, as all these items can be donated to different charities. Then instead of the usual Treasure Basket, we can use the time to look at these items together, and share how they could be used and of benefit to someone else who may be less fortunate than we are. If you are happy to then leave these items with us at CLB, we will collate them all and donate them to the relevant cause at the end of this week.

To combine our sport relief topic, what better to have fun and exercise too! We have an external Sports company coming in next Wednesday 28th March at 9.45am to offer a free taster session which will include the following:

- Warm up exercises
- Fun games & Activities
- Fitness Fun (Jogging, Jumping, Hopping, Skipping)
- Football Fun
- Games & Activities using small footballs
- Basic football skills & ball manipulation



The session will last for 45mins or 2x30 minutes depending on how many children are in the session and are performed with high energy and enthusiasm. They will ensure children learn the basic fundamental skills in a really fun engaging way.

If your child isn't normally in on Wednesday then don't worry if they are awesome we will call them in again, unfortunately we haven't got enough room to take extra children.

If you have any questions at all please ask a member of staff, and thank you as always for helping us with your child's learning and development.

Kind regards  
Clare and the CLB team