

October 2018

Dear Parent,

I am writing to inform you about our PSHEE event 'Heartbeat Bury', which will be taking place on Monday 8 October for the Year 7 boys and Thursday 11 October for the Year 7 girls. Heartbeat Bury is a day focusing on healthy living, which has been running in the boys' school for 10 years as part of the PSHEE programme. Throughout the day, pupils will take part in activities about:

- Healthy minds
- Sugar
- Smoking
- Fitness testing
- Health issues

The day will end with a sponsored run and all pupils will be taking part. Pupils should come to school in their PE kit (girls) or outdoor sports kit (boys), school tracksuit bottoms and a school PE jumper or hoody, although they will be permitted to wear dark tracksuit bottoms and a plain, dark hoody if they do not have school attire. Pupils will not need their school books on that day unless they have any homework to hand in but will need a pen or pencil for the activities.

Each year we raise money for a different health-related charity and this year the boys will be fundraising for Teenage Cancer Trust and the girls for Rochdale and District Mind, a local charity that works with people who have mild to moderate mental health issues. All pupils have been given a copy of the sponsorship form and are asked to raise as much money as possible for these worthwhile causes. Sponsorship money and the form must be returned to the school office by Friday 19 October in a sealed envelope stating the pupil's name and form.

We hope that the pupils will thoroughly enjoy the day and take a lot of useful advice and tips away with them.

Yours sincerely,



Mrs SJ Howard
PSHEE Coordinator