

Mary Queen of Peace Primary School
SCHOOL FITNESS & FUNDRAISING DAY

THURSDAY 22 JUNE 2017

In Aid of School Funds



Please sponsor me to successfully complete one fun aerobics session (20-30 mins)

NAME	AMOUNT SPONSORED	PAID
Total Raised	£	

Pupil's Name: _____ **Class:** _____



**Mary Queen of Peace
 Primary School**
 2 Lisnamanny Road
 Martinstown
 Glenravel
 Ballymena
 Co. Antrim
 BT43 6QH

T: 028 2175 8358
 E: info@mqpps.glenravel.ni.sch.uk
 www.mqpglenravel.com



School Fitness & Fundraising Day

Dear Parents,

Mary Queen of Peace P.S. is a health promoting school. Over the course of the last year we have been encouraging healthy eating and healthy lifestyles.

On Thursday 22 June 2017 we are combining our work in healthy lifestyles with fundraising for school finances through a School Fitness & Fundraising Day.

On this day the children (in their year groups) will take part in a fun aerobic workout session, lasting between twenty and thirty minutes, depending on the age of the child. These lessons will be led by our learning support assistant and fitness instructor, Ms Emer Higgins and will take place in the Parish Hall. We are asking for the children to be sponsored to successfully complete this session. The emphasis on the day will be on promoting physical activity in a fun way. So expect loud music and dance! This will be a non-uniform day and children should come to school dressed for physical activity.

The children will be asking family and friends to sponsor them to complete their aerobic session. Sponsorship must be kept within family and friends only and the children are not permitted to go around doors seeking sponsorship. This is a very important child protection issue.

Money raised on the School Fitness & Fundraising Day will be spent on developing the playgrounds on both sites.

Can I take this opportunity to thank-you in anticipation for your support for the School Fitness & Fundraising Day but also to thank-you for the backing you gave to the school's hugely successful healthy eating policy.

M. Conlon
Principal

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