

Friday 4th July 2025

Dear Parents and Carers,

Sports and Healthy Living Week – Monday 14th – Friday 18th July

I am writing to inform you about our exciting **Sports and Healthy Living Week** planned for July at Solent Junior School.

This year, our annual Sports Week will take place from **Monday 14th July to Friday 18th July 2025**. During this special week, the children will learn all about sports and healthy living while participating in a variety of fun and engaging physical activities.

To make the most of the week, we kindly ask that your child comes to school **dressed in appropriate sporting attire every day**. Please ensure their clothing allows them to move comfortably, earrings are taped up, and long hair is tied back. We will be spending extra time outdoors (weather permitting), so please apply sun cream before school, make sure your child brings a sun hat daily, and provides a water bottle. For safety, please ensure that shoulders are covered — no vest tops, please.

Sports Events and Activities

We are delighted to welcome several specialist coaches and visitors who will offer a range of exciting opportunities throughout the week:

- **Dance workshops, Handball, Inclusion/Obscure Sports, Nerf Assault Course:** Pupils complete agility-based challenges with team support to get our learners moving creatively
- **Skateboarding workshops**, introducing children to this thrilling new Olympic sport
- **Martial arts sessions**, where mixed martial arts experts will lead activities for the whole school

In addition to physical activity, we will be focusing on the importance of a healthy lifestyle. The children will learn about healthy eating, good hygiene habits, and mindfulness—all key parts of well-being.

All of these exciting events are being provided from our Sports Premium so will be at no cost to yourselves. We are really looking forward to an energetic and inspiring week and thank you in advance for your support in helping your child prepare for it.

Kind regards

Mrs P. Washer

Sports Lead, Year 6 Teacher

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The De Curci Trust is a charitable company limited by guarantee registered in England and Wales with company number 10646541. Its registered office address is Springfield School, Central Road, Portsmouth, PO6 1QY, United Kingdom. Solent Infant School and Solent Junior School are business names used by The De Curci Trust.

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