

Runnymede St Edward's Catholic Primary School

Inspire, challenge and support through faith

North Drive
Sandfield Park
Liverpool
L12 1LE

Head Teacher: Miss K Peaston



admin@runnymede-school.org.uk
www.runnymedestowards.co.uk
0151 281 2300

Friday 13th October 2023

Dear Parent/Guardians

Wellbeing Glow Stick Fitness Activity Sessions

We are delighted to announce that all pupils will take part in a Wellbeing Glow Stick Fitness Session on Wednesday 18th October 2023. These sessions will be energetic, fun and aim to instil a sense of well-being to our Young Edwardians. They should also prove to consolidate much of the work carried out as part of Mental Health Week.

These sessions will run throughout the school day and each class will be given the opportunity to take part. In order to make the most of this fantastic experience, we are inviting pupils to wear their PE kit and/or accessorise their kit with fluorescent/bright coloured clothing (fluorescent legwarmers, headbands, leggings and t 'shirts are welcomed!). Please also ensure that your child brings their water bottle on this day.

Glow sticks will be provided!

We look forward to taking part in these sessions to enhance the learning journey of all of our pupils.

Yours Sincerely

Mrs Patricia Minogue

(Assistant Headteacher)

