

The Joy in Me: Aim High in July!

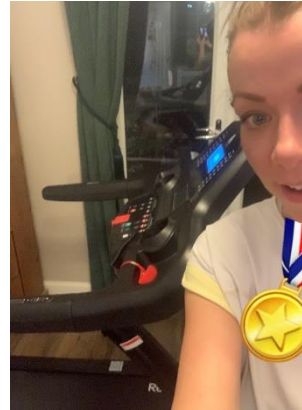
Dear Parent / Carer,

This half term, we are exploring the value 'joy' in our Collective Worship. Over the past few weeks, we have been reflecting on the 'small things' in life that we are grateful for.

This week, we are turning our attention to finding the 'joy in me' and celebrating setting and accomplishing a personal challenge.

I have set my own 'Aim High in July' personal challenge: I will be trying to run a mile every day from now until 6th August (a month in total).

Miss Hewitt will be carrying on with the Couch to 5K challenge that she has recently started.



We will be sharing our adventures on Class Dojo over the coming weeks ahead!

I am inviting the children to set and embark on their own personal challenge.



Today, we have been learning about Sir Captain Tom Moore who inspired us all last year by setting out on his own personal challenge of walking 100 laps around the garden.

Your child may wish to set themselves a 100 challenge to do at home e.g. running 100 laps around the garden; doing 100 star jumps; bouncing a ball 100 times. Alternatively, like myself and Miss Hewitt, they may wish to set a 'non-100' challenge. It's entirely up to them!

We would love for you to share your child's personal challenge on Class Dojo. We have discussed today helping to encourage one another over the coming weeks (I will definitely need some gentle encouragement...!). ☺

I hope that once we have achieved our personal challenge, we will feel a sense of accomplishment and a true feeling of joy.

Thank you, as always, for your continued support.



Ms. K Leach

Headteacher

LOVE God LOVE Neighbour LOVE Self

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