



Nunthorpe
Academy

March 2020

Physical Education letter to parents
#SofatoSuccess

Dear Parent(s)/Carer(s)

In light of the current circumstances that we find ourselves in, I wanted to write a brief letter to you all to bring home the importance of physical activity, exercise and mental health awareness during our time of school closures and social distancing. As a department we would much rather be sat planning our Physical Education lessons however we are in a situation where this is no longer possible so we wanted to provide our students with an opportunity that would keep them busy during a troubled time of not being able to leave the house and socialise with friends.

The PE department have come up with an idea called **#SofatoSuccess** which looks to give students a focus whilst schools remain closed. We are providing a fitness log for students to record daily fitness activities that they are taking part in which parents will be asked to grade on effort each day. We will also be providing a document with possible home exercise ideas for students to access from home with little to no equipment required. Furthermore, we are hopeful that if both parents and students get on board with this initiative, we can have a huge impact on both fitness levels and possible mental health problems that could occur from having daily routines taken away.

We are also looking to utilise the @NunthorpeSPORT Twitter account for staff and students to share exercises and progress to hopefully cheer everyone up and spur one another on throughout the school closure. With students keeping us updated with both Twitter posts and emails of progress we will also be able to continue to award achievement points and share successes with one another.

All the required documents to partake in the #SofatoSuccess initiative will be downloadable from both the school website and via class charts.

We have also recently shared KOOOTH on our school website which offers free online counselling if any of our students were to require any additional mental health support whilst the academy is closed.

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As staff we are really looking forward to turning our current predicament into as much a positive as possible and give students a focus to keep themselves occupied throughout the days and weeks ahead. If you have any questions in the meantime please do not hesitate to get in touch, rtooth@nunthorpe.co.uk

Yours sincerely,

Mr Ryan Tooth
Head of Physical Education