

29th January 2021

Dear Parent/Carer

Re: Physical Activity for Students Attending Daily Provision

We have reviewed our on-site provision and developing guidance on safe physical activity in schools considering the pandemic. We want to reduce screen time for our students attending daily provision on site and ensure a more balanced daily routine that supports positive well-being and welfare.

Therefore, from **Monday 1st February**, we will be including some 'physical activity', daily, for all. There will be choices of activity for students and indoor/outdoor provision available that will be properly staffed/supervised.

Students will be required to attend the Academy as normal, in normal uniform and arrive for 08:30. They will need to bring their normal Academy PE kit, and if intending to choose an outdoor option, suitable layers to stay warm (although we will be keeping them very active!). It would also be useful to bring a bottle of water which they should keep for their own use only. All physical activity sessions are planned for the afternoon, either period 4 or period 5. Students will need to get changed prior to the sessions but will be allowed to go home in their PE kit.

Should a student be currently injured or unable to take part, please send in a note as normal and they will be asked to support a session through officiating or helping in another capacity such as coaching.

We hope that some daily exercise will positively support our students' welfare and wellbeing and we look forward to continuing to support our students attending on-site provision.

Please do not hesitate to contact us should you have any questions about this change in our onsite provision.

Yours sincerely



Steve Taylor
Vice Principal (DSL)

Arnold Hill Academy is part of the Spencer Academies Trust

Registered office: Arthur Mee Road, Stapleford, Nottingham NG9 7EW

The company's registered number is 7353824