

May 2022

Dear Parents / Carers

At Rokeby School we are keen to promote healthy living and mental wellbeing for all our students. This year we will be holding our annual Health Awareness Week during the week beginning 6th June 2022.

This week-long programme will provide students with the opportunity to participate in a range of physical activities, learn strategies to promote positive physical and mental wellbeing as well as explore the benefits of improved lifestyle choices through the curriculum.

In addition to classroom based activities each year group will have one dedicated day to participate in physical activities delivered by Born 4 Sport. On this day, students are permitted to arrive at school in PE kit.

Tuesday 7th June	Yr 7 Born 4 Sports sports activities
Wednesday 8th June	Yr 10 Born 4 Sports sports activities
Thursday 9th June	Yr 9 Born 4 Sports sports activities
Friday 10th June	Yr 8 Born 4 Sports sports activities

If you have any questions please feel free to contact me at school.

Yours sincerely

E Hobbs

Deputy Headteacher