



Birkby Infant & Nursery School

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Headteacher: Mrs Diana Wilson

15.09.2023

Dear Parents/Carers

A huge thank you to all the families who have allowed their children to stay for after school clubs this week. It was wonderful to see so many children enjoying a wide range of activities such as bikes and scooter club, running club and basketball club. Our clubs will run each week even when it is raining so please remember to collect your child at 4pm on the day of their club.

Year 2: Tuesday 4pm

Year 1: Thursday 4pm

The chief medical officer guidelines recommend that children between 5-18 years old should be physically active for **at least 60 minutes every day!** Here are some of the key benefits of physical activity for children:

- Builds confidence and improves social skills
- Creates opportunities to learn new skills and teaches them important life skills
- Strengthens muscles and bones
- Helps to develop coordination
- Enhances concentration and learning, which increases productivity and success
- Makes children feel good and elevates their mood
- Inspires positivity and encourages tolerance
- Helps to relieve stress and maintain mental and emotional wellbeing
- Improves sleep and energy levels



If we teach the children good exercise habits early on it, they will continue these habits as they grow.



Yours sincerely

Mrs D Wilson
Headteacher



INVESTORS IN PUPILS

