



Birdsedge First School

Penistone Road,
Birdsedge,
Huddersfield
HD8 8XR
Tel 01484 605441
www.birdsedgefirst.org
birdsedgeoffice@themast.co.uk
Head Teacher: Mrs D Waddington

Monday 9th January 2023

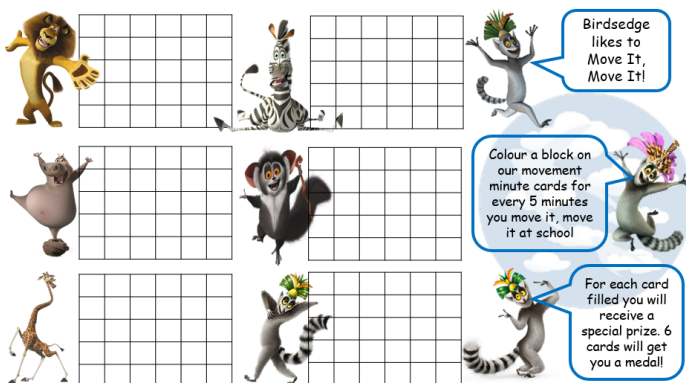
Dear Families

Today in assembly I have spoken to children about Wake Up, Shake Up and the Daily Mile. I believe it is always good practice to review and re-visit things that have been happening for a long time and re-invent or change anything that isn't being as effective as it was. These are two things that as a staff team we have done exactly that with in this New Year.

Both of these activities were introduced to try and bring more physical activity into the school day and lift us all mentally too at points of the day where this is really helpful. Recently, we have noticed less children being engaged in wake up shake up and similarly with the Mile at the end of lunch time.

Today we have relaunched and made slight changes to try and generate some more motivation and also make better use of curriculum time for all children. Please note that:

- Wake Up Shake up will be an optional, free club from 8:30am every Monday, Wednesday and Friday. This will be in the hall or outside when the weather is better and open to all. Families still welcome too!
- All classrooms will be opened from 8:45am. Children in Wake Up Shake Up will be taken to classrooms at this point or those just joining school will go straight into class.
- Doors and gates will be locked at 8:55am promptly at the official school start time.
- Move It Move It time will be an option instead of the Mile at Lunch Time for those preferring to Dance or unable to attend at the start of the day



Children have been given a card they will keep in school and complete for the 'Move It, Move It Minutes' they join in with.

Children will earn prizes and certificates as they build up their Move It, Move It minutes through the day.

If you have any questions, please do not hesitate to contact me here at school.

Thank you for your continued support.

Kindest Regards

Mrs D Waddington, Headteacher

