



St. Michael's Church of England Primary School

Carlisle Road, Dalston, Carlisle, Cumbria CA5 7LN • Tel: 01228 711544 • Headteacher: Mrs L Smith

Our school values: Respect • Kindness • Challenge • Forgiveness • Perseverance

31 January 2023

Dear Parents,

RED FEBRUARY

I led an assembly at the start of term about Dreams and Goals – linked to our PSHE Jigsaw curriculum.

Many of our pupils shared that being fit and healthy was a big goal for the start of 2023. To help our pupils with this, as a staff, we have decided to launch **RED** February for all of our junior pupils.

This is an acronym for **Run Every Day** you are in school during the month of February. Therefore, during the month of February, I am going to be asking any Year 3, 4, 5 and 6 pupils who want to run, to join me and other staff on the running track to run for the first twenty minutes of every lunch time.

Pupils will be able to run in their PE kit, with an extra layer if it's cold, wet or windy.

I hope that as many pupils as possible decide to take up this offer and commit to running every school day in February. It will help with our fitness and wellbeing. For those pupils that meet the **RED** February challenge there will be a special assembly to acknowledge their resilience and commitment.

If you have any questions, please do not hesitate to ask.

Kind Regards,

Lorna Smith

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