



Bayford (C of E) Primary School and Nursery

Ashdene Road, Bayford, Nr. Hertford, Herts., SG13 8PX

Website: www.bayford.herts.sch.uk

Email: admin@bayford.herts.sch.uk



Headteacher
Mr J Preston

Fax
01992 511633

Telephone
01992 511259

20th September 2017

National Fitness Day 2018

Dear Parents,

As a school, we pride ourselves on the PE and sport provision we provide for our children. As such, next Wednesday 27th September we will be taking part in this year's National Fitness Day. At 10am, all the children will take part in a ten minute physical activity together to coincide with other participating schools all over the UK. In addition, throughout the day, the children will take part in further physical activities with the rest of their class. This will be in addition to our daily mile that we have been running successfully every day since the summer term.

To add emphasis to the day, we would like all children to come to school wearing sports/fitness clothing instead of uniform next Wednesday. If your child does not already have a water bottle in school, please ensure they bring one in to ensure they keep themselves hydrated throughout the day.

For further information about National Fitness Day, please visit their website

<https://www.nationalfitnessday.com/>

Yours sincerely

Malcom Foster