

22 April 2021  
ASt

Dear Parents/Carers,

During the month of May this year our federation are running the **CLF Big Run/Walk event**. As a federation of schools we are attempting to run 11,622 miles (a mile for every child in our trust) and raise the equivalent in funding (£11,662) for our most disadvantaged children.

The event promotes mental health and wellbeing through activity to support our children to engage with education on a deeper level following the fairly challenging year we have all had. Our curriculum offer supports children to prepare for healthy lifestyles in a variety of ways; being physically active, learning the skills and knowledge associated with being an athlete, taking care of our wellbeing and understanding supportive strategies to maintain good mental health; this event speaks to all of these priorities.

On Thursday 29 April Mr Motivator will be doing a live Zoom workout at 9:30am that will be streamed in all primary school classrooms. At Kings Oak Academy we will be participating in our classes and want to see children channeling some Mr Motivator energy. Therefore, **please send your child to school in PE kit on this day and if they would like they can add a funky accessory, such as a sweat band, cap or long funky socks**. There will be a prize for the most creatively dressed child and adult, and we would really like as many staff as possible and children to participate.

In May we will be spending week 5 of the term clocking up our miles to contribute to the total of miles covered for the CLF Big Run/Walk event. More information to come on this and ways to donate will be shared if you would like.

We can't wait to see all of the children in their active gear with funky accessories next Thursday for the Mr Motivator event.

Kind Regards



Miss Southcott  
Acorn PE Lead

WORK HARD, BE KIND

PRINCIPAL: MISS K OGDEN CEO: MR STEVE TAYLOR | BROOK ROAD, KINGSWOOD, BRISTOL BS15 4JT  
TEL: 0117 9927127 EMAIL: KOA.PRINCIPAL@CLF.UK | WWW.KINGSOAKACADEMY.ORG.UK