



Paul Jordan Headteacher

 Paul.Jordan@TVIacademy.org

Claire Smith Deputy Headteacher

 Claire.Smith@TVIacademy.org

Assistant Headteachers:

Rosa Corcoran-Jones

 Rosa.CorcoranJones@TVIacademy.org

Amy Windsor

 Amy.Windsor@TVIacademy.org

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Dear Parents/Carers

Active Start Programme - Giraffes Beginning Monday 2nd October – 9:30am

Thames View Infants have been selected by the Local Authority to participate in the 'Active Start' programme. Part of the wider 'Health For Life Get Active' programme, it aims to increase children's physical levels, health, well-being, and as a consequence, their achievement in school.



PE kit is required for all children in Giraffes

White t-shirt and navy shorts in a PE bag with names on all items

Lousie Klarnett, a qualified dance teacher specialising in early years, will lead practical movement sessions over the next 8 weeks. The sessions are also open to parents and carers and you are encouraged to join in with your child in as many of the weekly sessions as you can attend.

Active Start aims:

- ✓ To introduce dance and movement skills
- ✓ To develop self-esteem and confidence in the child
- ✓ To explore teamwork and cooperation
- ✓ To support healthy living through dance
- ✓ To increase knowledge, skills, and independence
- ✓ To have fun!



The sessions are for one class only (Giraffes), however the skills and experience will be shared between the rest of the Reception year group so all children will benefit from this programme.

If you have any questions please let me know.

I look forward to seeing you all there!

Yours sincerely,

Adam Dobson

EYFS Co-Leader, Reception Leader

