

Dear Parents/Carers,

I hope you are all managing to be safe and are finding ways to stay fit, healthy, and happy through these challenging times.

My main aim, throughout this period, is to offer support and guidance to help you to encourage your children to take part in daily physical activity. The chief Medical Officer recommends that children of primary school age take part in at least 60 minutes of physical activity every day (please see sheet attached). This is for a wide range of positive reasons including: maintaining a healthy weight, improving health and fitness, strengthening muscles and bones, developing co-ordination and helping children to feel good.

The partnership website is usually just for the use of schools and teachers in North West Essex. However, now we have a ‘Parent Zone’ tab for parents and children to access. This can be found at the top of the home web page at [**www.nwessp.co.uk**](http://www.nwessp.co.uk). I shall be supplying weekly ideas for physical activities for KS1 and KS2.

The activities aim to be wide ranging, from creative skills, problem solving activities, fitness, games for the family or links to websites/apps to follow. All the activities will be stored in the ‘Parent Zone’ so you can revisit them whenever you wish to.

Take care everyone,

Samantha Patching

*North West Essex School Games Organiser*

[www.nwessp.co.uk](http://www.nwessp.co.uk)

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