

Headteacher
Ms V Lanham



Chapel Road
Charlwood
Surrey
RH6 0DA
Tel: 01293 862302
www.charlwood.surrey.sch.uk
office@charlwood.surrey.sch.uk

24th September 2020

Dear Parents

Next week, 28th September to 2nd October we are asking you to all focus on getting that little bit healthier with us.

Two events coincide; our Eco focus is Sustran's Bike to School Week 2020



Pupils have the choice to walk, bicycle or scoot to take part. We appreciate that very few of our families are able to choose one of these options for the whole of their journey to school so this can also be done by starting at The Street, outside the Village Store and come down via Rosemary Lane. A register of travel will be kept and those pupils that take part in activities during the week will receive a certificate at the end. We will send another letter with further details.

The other event is BNF Healthy Eating Week 28th September to 4th October



There are seven challenges to take part in during the week. Monday ~ Eat more wholegrains, Tuesday ~ Vary your veg, Wednesday ~ Drink plenty, Thursday ~ Move more, Friday ~ Be mind kind, Saturday ~ Get active together and Sunday ~ Eat together. There will be a certificate at the end for those who take part. Again, we will send another letter with further details.

Why not aim for TWO certificates and have fun along the way.

Watch out for the next letters coming soon.

