

**ST. PATRICK'S CATHOLIC VOLUNTARY ACADEMY.**  
Coronation Avenue, Wilford, Nottingham NG11 7AB  
☎ 0115 9152961 Fax 0115 9152962  
Email: [admin@st-patricks.nottingham.sch.uk](mailto:admin@st-patricks.nottingham.sch.uk)  
Website: [www.st-patricks.nottingham.sch.uk](http://www.st-patricks.nottingham.sch.uk)



Headteacher: Mrs T Lane

Tuesday 10<sup>th</sup> March 2020

Dear Parents/carers,

As always at St. Patricks we strive to keep all our pupils as active and healthy as possible and we try to encourage this activity in as many fun ways as possible. To encourage the children to be as active as possible this year we will be taking part in the Travel to Tokyo scheme.

This initiative is designed to help children aged 5–11 to develop healthy, active habits by encouraging them to try new things, get active and have fun. Travelling in teams, children follow a virtual journey of athletes heading to Tokyo, exploring Japan, discovering more about the Games and finding new ways to enjoy getting active together with their families.

St. Patrick's school is registered on the Get Set website (Travel to Tokyo section) and we have registered our 4 houses as our teams, so our pupils and their families can log activity against their team for the chance to win great prizes and to see which house can be the most active.

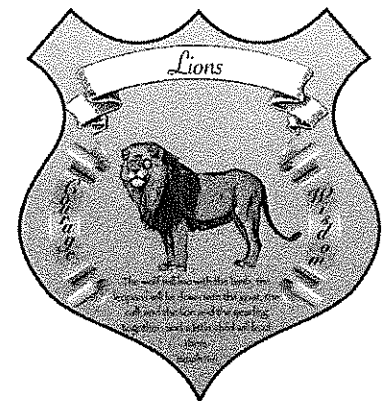
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Physical activity doesn't just have to be sport; walking, scooting or biking to school or a friend's house count as well as playing games in the playground, on the park or even at home. We aim for all of our pupils to be physically activity for at least 60 minutes a day, 30 minutes at school and 30 minutes at home or a sports club.

So what are you waiting for? On your Marks, **Get Set, GO!!!**

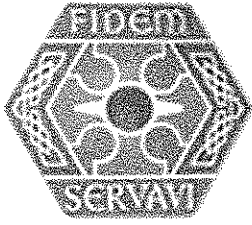
Best Regards,

Mr Slight  
Key Stage 2 Lead and PE Coordinator.



**TRAVEL  
TOKYO**





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**OUR LADY OF LOURDES**

CATHOLIC MULTI-ACADEMY TRUST

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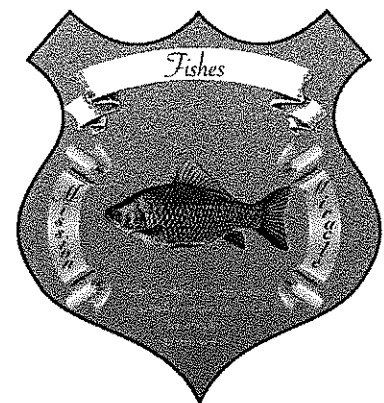
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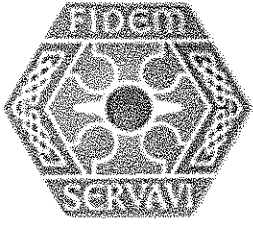
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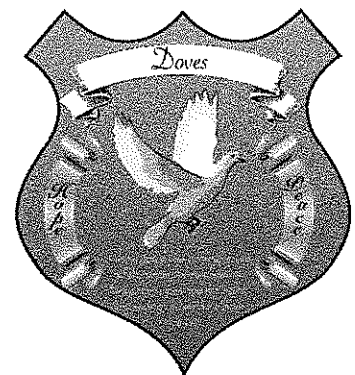
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