

## 2021 PREMIER'S SPORTING CHALLENGE

Dear Parents/Carers

This year our school has registered to participate again in the **NSW Premier's Sporting Challenge**.

The purpose of the Challenge is to encourage students to participate in sport and physical activity to lead a healthy lifestyle.

Over this term, our school will be encouraging students to take part in physical activity. The aim is to work towards an average at least 60 minutes of activity a day for ten weeks.

We would like to invite families to support us in encouraging students' healthy use of leisure time and to experience the joy of being active together.

Each student will be issued with a logbook to record their daily physical activity. These can be found on the school website with the remote learning packs. The logbooks are digital and can be edited according to your child's progress.

Physical activity is valued for its physical, social and emotional benefits. It also helps young people to develop communication skills, confidence and resilience.

Yours sincerely,

Craig Hughes