



ASHMOLE

ACADEMY

*An Ashmole Academy Trust School*

CEO: **Mr Derrick Brown** MA, MBA, Dip.Ed  
Associate Head Teacher: **Mr Tim Sullivan**

19<sup>th</sup> January 2021

Dear Parents/Carers

**Re: Keep Kids Active Campaign**

The Daily Telegraph and Loughborough College have launched a Keep Kids Active campaign, producing free online PE sessions to support children's health during the lockdown. We are delighted to inform you that Ashmole PE Department have contributed to this national campaign and have teamed up with Loughborough College in producing a series of at home fitness sessions for students across the country to take part in.

The importance of physical activity in supporting children's physical and mental health and wellbeing cannot be overstated. Ashmole students will be directed towards these physical activity sessions, produced by the campaign, over the course of this half term by their PE teachers and these can be done at any time during the day. They have been created so that students can complete these independently at home, however they are also suitable for the whole family to join in should you wish to do so.

The campaign has started this week and we will encourage our students to get involved in it throughout the duration of this lockdown. New sessions are updated daily, with the sessions from this week being run by a specialist team at Loughborough. The videos produced by Ashmole will be live from Monday 25<sup>th</sup> January with a new video shared and updated daily. This link will be shared with your child on Firefly but you can also access it by following the link: <https://www.loucoll.ac.uk/keep-kids-active>.

We are incredibly proud of the efforts of the whole department in being part of this national initiative and hope that you will encourage your child to get involved in the campaign from home.

Should you have any questions regarding the matter, please do not hesitate to contact me at the school.

Yours faithfully

Mr C Chapman  
**Head of Physical Education**

Cecil Road, Southgate, London N14 5RJ • Tel: 020 8361 2703

E-mail: [office@ashmoleacademy.org](mailto:office@ashmoleacademy.org) • Website: [www.ashmoleacademy.org](http://www.ashmoleacademy.org)

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