



Our Lady of Lourdes N.S.
PARENTS COUNCIL
Hospital Hill, Bunclody, Co. Wexford
Tel: 053 93 77380

Monday 29th January 2018

Dear Parents/Guardians,

As part of our fundraising this year, the Parents Council have decided to run a 'Fitness February' activity for the children to participate in.

This is due to begin on **Monday 5th February and run until Sunday 4th March 2018.**

This means that we will be asking the children to complete physical activities/exercise on a daily basis and receive sponsorship from family and friends to do so.

Each child will receive a daily log for them to record the activity that they have completed, length of time spent doing of activity and then signed by parent or guardian.

It is important that this log sheet will be returned at the end of the four weeks as it is the record of the activities completed and time spent doing so.

As usual there will be a prize for the classes that spend the most amount of time completing these activities – one class in the junior section of the school and one class in the senior section of the school.

Examples of activities can include:

- Running
- Cycling
- Skipping
- Training
- Walking
- Gymnastics
- Dancing
- Or any other creative activity that children can come up with

Children are encouraged to share their activities with their friends in school to help keep each other motivated.

Each family will be given one sponsorship card per family and these cards are to be returned with the money raised before **Tuesday 6th March 2018**.

We hope that the children will enjoy this activity and feel very proud of themselves afterwards.

If you have any further questions on this fundraiser then please do not hesitate to contact any of the Parents Council members and we thank you again for your ongoing support.

Yours sincerely,

Ciara O'Leary

Secretary Parents Council

Chairperson – Louise Raleigh – Tel – 086 6006965

Secretary – Ciara O'Leary – Tel – 087 9733673

Treasurer – Sandra Murphy – Tel – 087 6444261