



**St. Michael's C of E Primary School**



Bishop Middleham  
Ferryhill  
Co Durham  
DL17 9AL

Date: Friday 23<sup>rd</sup> April 2021

Dear Parents,

Your child's class has been selected to be part of the **Go Well Heart Project** - a physical activity "Secret Mission" research team encouraging everyone to be active. Your child has been tasked with testing out a series of challenges in two separate six week booklets using the equipment supplied in the HEART Project backpack. All the equipment your child has in the pack, is yours to keep at home and this does not need to be returned at the end of project. We have allocated one pack per family.

Children should work through the pages in the booklet and test out the challenges. Every three weeks they should return the booklet to school and they will receive an extra piece of equipment to test out. After six weeks there will be a second booklet with new activities to try. At the end of the project there will be a medal and certificate for all those pupils who have completed the research mission.

Go Well has been awarded funding from some of the local Area Action Partnerships and County Durham Sport to support young people and families, with a focus on physical activity and health and wellbeing during these unprecedented times. We hope your child and wider family enjoy taking part in the project!

You can help us and your child by:

- taking care of the equipment
- finding time to try out the challenges with your child
- encouraging them to complete all of the activities
- assisting them with the feedback and the "It's Your Go" sections
- taking photos and share them with us and Go Well (@gowellwithus on Facebook or Twitter)
- sending us and/or Go Well photos of the "It's your Go" sections from week 3 - they may be included in the next booklet! (HEART@go-well.org)
- reminding them to bring the booklet back into school every 3 weeks

Go Well and our school are extremely grateful to all of the funders for allowing us to take part in this project. All of the equipment is for your child to keep following the "Secret Mission". We hope they and your family continue to use it to keep active, keep moving and keep healthy.

Mrs A Moore

Class Teacher

