



Park Grove
PRIMARY ACADEMY

9th January 2021

Dear Parents/ Carers,

Staying active is vital for a healthy body and mind during this extended period at home. We are therefore starting 'Healthy Selfie'.

'Healthy Selfie' is a fun and exciting way for families to share how they are staying active and healthy at home! We are encouraging families to take healthy selfies of them being active and tweet them to @ParkGroveSchool. This can be anything from walking with your family, taking part in a Joe Wicks morning workout, trampolining, building a snowman (hopefully!), playing football in your garden or anything active at all!

We would like as many people to take part as possible so even if you don't have Twitter, you can still send your healthy selfies to the class teachers via Bloomz or the Google Classroom.

We will be creating a 'Healthy Selfie' display in school of all the photographs so get posting to see your photograph on display!

Before you post your picture, please make sure that you are happy for, and consent to, your photograph to be retweeted and shared on Twitter.

We look forward to seeing all your healthy selfies!

Many thanks,

Mr Rogers
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