



Brookburn Road  
Chorlton-cum-Hardy  
Manchester, M21 8EH  
T: 0161 881 8880  
Email: [admin@brookburn.manchester.sch.uk](mailto:admin@brookburn.manchester.sch.uk)  
Executive Headteacher – Jayne Kennedy  
Head of School – Jennifer Holden



Dear Parent & Carers,

Last week, during KS2 assembly, we launched a new initiative to promote physical activity.

A key part of our PE plan is the development of Physical Education, School Sport & Physical Activity (PESSPA). The NHS recommends people between the ages of 5 and 18 years old take part in 60 minutes of moderate or vigorous physical activity each day (<https://www.nhs.uk/live-well/exercise/exercise-guidelines/physical-activity-guidelines-children-and-young-people/>).

Within the school day, pupils have a chance to contribute to their 'daily hour' at break time (especially on our wonderful, new, PTA-funded pirate ship), during lunch time, in lessons and at after school clubs. What we don't see - and what we would like to spotlight - is all the wonderful activities pupils take part in beyond the school gates.

Therefore, I have created a new Twitter page to shine a light on PESSPA at our school.



I have invited all pupils to contribute to this by sharing a #healthyselfie. This can be a picture of anything active outside of school. Perhaps a long walk by the Mersey, a football training session, climbing on the equipment in the park or a dip in the Irish Sea! Whatever it is that your children do to keep active, we would like to hear (and see) about it.

Please add your #healthyselfie to our new Twitter page so we can promote the daily 60min activity target and celebrate the wonderful, varied tapestry of our school.

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If you would like to share your child's healthy selfie without using social media, please send them through to the school office before the end of October. I will select a handful to go up on our new display in school.

All the best,

Mr Shurlock

