

12 October 2017

Dear Parent/Carer

CREATING A HEALTHY LIFESTYLE

At The Ruth Gorse Academy, it is paramount to us that students understand the importance of leading a healthy, active lifestyle and have the knowledge to create healthy habits that last for life. This life skill will help students be more productive, more confident and energised individuals, which will lead to improved concentration, attitude, academic achievement and attendance. Over the academic year we will be implementing a number of strategies, to provide students with the understanding of how to be healthy and how to successfully implement this at home.

A critical part of leading a healthy lifestyle is to undertake the correct amount of physical exercise per week. To maintain a basic level of health, children and young people aged 5 to 18 need to do at least 60 minutes of physical activity every day. Unfortunately, this is a target which a large majority of our students are failing to meet.

To encourage our students to take part in more physical activity, the PE department have made physical activity compulsory for homework. Every student will take part in at least one physical activity club per week. If students fail to do this, they will be sanctioned as they would in any other lesson. As parents/carers, your support in this is invaluable and we would ask you to ensure students are meeting the minimum requirements of at least 60 minutes of physical activity per day, as set out by the Government.

Very excitingly, the Academy has also teamed up with Trailblazers, a family oriented fitness organisation. Trailblazers will be holding bootcamps at the Academy, with the aim of improving our community's health. The fitness sessions will run weekly on Tuesdays, from 6.30-7.30pm. This is a great opportunity to train as a family and get fit together. This is available free for all Ruth Gorse students and to parents for a special discounted price of £3 per person.

To identify the fitness levels of every student within the Academy, all pupils will undertake the Multi Stage Fitness test. This will be carried out three times over the academic year, allowing students to identify their level of fitness. It will mean that we are able to identify students who are below the national average, allowing us to work with parents to resolve this issue.

You will receive your child's fitness test score next half term. On the following page you will find the averages for male/female age groups, which will allow you to compare results and to identify ways of improving overall health.

If you have any questions regarding this initiative, please do not hesitate to contact me via the Academy.

Yours sincerely

Miss C Rhodes
Curriculum Leader of Physical Education

Male Norms for Bleep Test

Rating/Age	10	11	12	13	14	15	16	17/18
Excellent	7-8+	7-8+	8+	8+	8+	8-9+	8-9+	9+
Good	5-6	5-6	6-7	6-7	6-7	7	7	8
Average	4	4	5	5	5	6	6	7
Below Average	3	3	4	4	4	5	5	6
Needs work	<3	<3	<4	<4	<4	<5	<5	<6

Female Norms for Bleep Test

Rating/Age	10	11	12	13	14	15	16	17/18
Excellent	8-9+	8-9+	9-10+	10-11+	10-11+	11-12+	11-12+	12-13+
Good	7	7	8	8-9	8-9	9-10	9-10	10-11
Average	6	6	7	7	7	8	8	9
Below Average	5	5	6	6	6	6-7	6-7	7-8
Needs work	<5	<5	<6	<6	<6	<6	<6	<7

Read below to find out what this means for you and your child:

Fitness Level	Excellent/good	Average	Below Average/needs work
What does this mean?	Your child has a good/excellent level of fitness. This will allow them to be very productive in their day to day lives, which could have an effect on their attitude, attendance and academic performance.	Your child has an average level of fitness. To have an impact on their productivity in their day to day lives, your child's fitness levels require improvement.	Your child's level of fitness is below the national average and requires significant improvement in order to have an impact on their daily productivity.
What can I do?	<p>Continue to encourage your child and show interest in what they do around sport and physical activity.</p> <p>Be active with your children – join in.</p> <p>Ensure they are taking other positive steps towards good health, for example Eating a balanced diet, drinking 2 litres of water and getting 8 hours of sleep.</p>	<p>Encourage your child to make positive steps in increasing their physical activity levels.</p> <p>Be active with your children – join in.</p> <p>Encourage them to take up an extra curriculuar club or attend the Trailblazer boatcamp.</p> <p>Help them to develop understanding of good health. Read the health page on the school website for tips.</p>	<p>Ensure your child starts to take part in some sort of physical activity.</p> <p>Be active with your children – join in.</p> <p>Encourage your child to attend the Trailblazer bootcamp.</p> <p>Attend nutrition/helath seminars to develop your understanding of how you can support your child to lead a healthy lifestyle.</p>