



Loxdale Primary School

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Headteacher: Mrs P Scott

11th June 2020

Dear Parent/Carer,

Week 2 of Black Country Rainbow Hour already!! How time flies!

I hope you all really enjoyed taking part in week one of the 'Rainbow Hour.' If not, not to worry, why not make a start on it this week? The 'Rainbow Hour' campaign, launched recently, aims to provide all pupils across the Black Country with access to one hour of wellbeing and physical activity each day. I'm sure you will agree that keeping active and healthy in these strange times is really important, and that's why the Black Country Rainbow Hour is a useful way to entertain and burn off some of that excess energy.

Loxdale was one of the first schools to pledge its support to the **Black Country Rainbow Hour**. In pledging support for the campaign, we will ensure that children, both inside and outside of school, are provided with the opportunity to get involved in daily, socially distanced activities from one of the rainbow categories below:

- **Red** - Fielding and Striking Activities
- **Orange** - Ball Skills Activities
- **Yellow** - Move More Activities
- **Green** - Outdoor Activity
- **Blue** - Mental wellbeing and mindfulness activities
- **Indigo** - Personal Challenges/Multi Skills Activity
- **Violet** - Celebration and Creative Activities - linked to a theme



You can get weekly updates and weekly ideas on the suggested activities through a special folder set up on your child's class page. In addition, regular updates will be provided through our Facebook and Twitter Pages. **#BlackCountryRainbowHour**

We hope that you can continue to join us in pledging an hour a day to the Rainbow Hour and we would love to see some videos of you all taking part - please email your class email and in doing so you are agreeing for these to be added to our social media pages eg Facebook and Twitter.

Best wishes,

Mr J Fleet
PE Leader

