



17<sup>th</sup> June 2024

Dear Parent / Carer,

## **National School Sports Week - Embrace the Power of Sports!**

We are thrilled to announce that our school will be participating in the National School Sports Week, which takes place this week, from Monday 17<sup>th</sup> June until Friday 21<sup>st</sup> June. This exciting event, organised by the Youth Sports Trust, is an excellent opportunity for our entire school community to come together and celebrate the many benefits of sports.

The Youth Sports Trust is a leading charity dedicated to improving young people's lives through physical activity and sport. They work tirelessly to ensure that every child enjoys the life-changing benefits that come from participating in sports. As a school, we are proud to be a part of their mission and fully support their initiatives. Physical activity plays a vital role in the growth and development of children, fostering not only their physical well-being but also their mental and social skills. Through the National School Sports Week, we aim to promote the values and benefits of sports, aligning with the Youth Sports Trust's vision.

During this week-long event, the PE department has planned a range of exciting events and activities for students of all ages and abilities to ensure that all students have access to physical activity. From traditional sports to unique challenges, there will be something for everyone. Students will have the opportunity to engage in team sports, individual competitions, as well as various physical challenges designed to promote teamwork, perseverance and personal growth. These activities will occur during their timetabled PE lessons, break and lunch times and after school during extra-curricular time from 15:30-16:30. The timetable for the week can be found at the end of this letter.

Not only will our students benefit from these activities, but they will also have the chance to access numerous opportunities within our school. One of which is the Colour Run event, celebrating diversity and increasing understanding and tolerance around all personal characteristics. This vibrant and exciting occasion is not only a fun-filled experience but also brings along numerous benefits: running and moving around the course not only gets your heart pumping but also encourages an active lifestyle. It's an excellent way to boost your energy levels, increase stamina, and improve overall fitness.

Moreover, the Colour Run is known to stimulate creativity and self-expression. As you become doused in an array of vibrant colours, you have the freedom to embrace your artistic side and showcase your unique style. It's a wonderful opportunity for self-discovery, allowing you to express yourself. As you navigate through the course alongside your classmates, you'll learn the value of supporting and encouraging one another. Together, you'll overcome challenges, celebrate achievements, and experience the satisfaction that comes from working as a team. It's a chance to connect with your peers, make new friends, and strengthen the bonds within our school community. A separate letter regarding this event has already been sent.

Sport has so many different avenues that can be explored and can uncover many hidden talents. During Pastoral Time, students will also have the opportunity to create their own football shirt for the school, with the winning entry being created and worn by the students for the 2024/25 academic year. This is a fantastic opportunity for our more creative students to come up with their own piece of history for the School and have their design manufactured. Using the link here, <https://icreate.oneills.com/sports.html> students can create multiple designs and send them to Mr Hedges at [jhedges@buckinghamschool.org](mailto:jhedges@buckinghamschool.org). The winning entry will also win a sports voucher worth £10 to spend on whatever equipment they choose.

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*The Buckingham School is concerned that every student should have the opportunity to attend school activities/obtain equipment, regardless of their financial circumstances. As such, it may be possible to subsidise those students who would otherwise be unable to attend trips/purchase items. Please feel free to write in confidence to [finance@buckinghamschool.org](mailto:finance@buckinghamschool.org), if you wish to seek assistance, or obtain more information about Pupil Premium funding.*

Participating in National School Sports Week, organised by the Youth Sports Trust, can have a lasting impact on your child's life. By engaging in sports, students will experience the following benefits:

- **Physical Fitness:** Regular physical activity helps children develop strong bones, muscles, and cardiovascular systems, leading to improved overall health and increased stamina.
- **Mental Well-being:** Sports promote mental well-being by reducing stress levels, increasing happiness, and improving concentration and focus, resulting in better academic performance.
- **Teamwork and Leadership:** Collaborating with teammates fosters essential skills such as communication, cooperation, and leadership, preparing students for future challenges in school, work, and life.
- **Discipline and Goal Setting:** Sports teach students the value of hard work, perseverance, and goal setting, providing valuable life lessons in dedication, determination, and self-motivation.
- **Social Skills:** Engaging in sports encourages students to interact with peers from diverse backgrounds, helping them develop valuable social skills, empathy, and respect for others.

We are encouraging everyone to complete 60 minutes of activity per day and we encourage you, as parents/carers, to actively support your child's participation in National School Sports Week. Encourage them to take part in the activities organised by the School and consider exploring sports activities outside of school hours. Engaging in physical activities as a family can strengthen bonds, create lasting memories, and provide a healthy and enjoyable way to spend time together. Furthermore, your child could be in with a chance of winning a reward for the most amount of activities they attend. Students will gain an exit ticket after attending one of the events which will be recorded by their Form Tutor. There will be a winner for the Form with the most exit tickets accumulated, as well as the individual student with the most in each Year Group. Winners will be announced during week beginning 24<sup>th</sup> June.

We are grateful for the support and guidance provided by the Youth Sports Trust, as they continue to inspire and empower young people through the power of sports. By participating in National School Sports Week, we demonstrate our commitment to their mission and our belief in the transformative potential of physical activity.

Thank you for your continued support in providing the best opportunities for your child's development. We look forward to celebrating National School Sports Week together and witnessing the positive impact it will have on our students.

In the meantime, if you have any questions please do not hesitate to contact me.

Yours faithfully,

**Mr J Ribbans**

Curriculum Leader, PE

[jribbans@buckinghamschool.org](mailto:jribbans@buckinghamschool.org)

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### National School Sports Week – Timetable of Events

	Monday	Tuesday	Wednesday	Thursday	Friday
Break Time					
MUGA	Football TMC	Football MMC	Football JHE	Football CMU	Football CFR
Jubilee Hall	Dodgeball Sports Leaders	Dodgeball Sports Leaders Toby C, Oli C, George S & Harry L	Table Tennis Sports Leaders JHE	Benchball Sports Leaders Ella B, Libby M, Poppy G, Kaya O	Just Dance Sports Leaders Harry R, Mia L, Sadie R, Josh E
Lunch A (Years 9, 10 & 11)					
Astro	Cricket & American Football JRI	Free Play JRI	No club due to staff out on trip	Free Play JRI	Cricket & American Football JRI
MUGA	Football & Basketball JHE	Football & Basketball JHE	Football & Basketball JHE	Football & Basketball JHE	Football & Basketball JHE
Lunch B (Years 7 & 8)					
Astro	Cricket & American Football JHE	Free Play JHE	Cricket & American Football JHE	Free Play JHE	Cricket & American Football JHE
MUGA	Football & Basketball SMA	Football & Basketball MWR	Football & Basketball MWR	Football & Basketball SMA	Football & Basketball SMA
Extra-Curricular Club					
	No club due to staff meeting	Athletics (Field)  Ultimate Frisbee (Astro)	Kin Ball (Jubilee)	Rounders (Field)  Cricket (Astro)	No club due to staff meeting

\*Free Play - students can choose any equipment to play with on the Astro from the container which can range from football to ultimate frisbee to hockey!

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