

# Ysgol Harri Tudur Henry Tudor School

Headteacher/Pennaeth  
Mrs Fiona E.J. Kite  
BA(Hons), PGCE, CLT, FoCT, NPQH

Learners First Dysgwyr yng Nghyntaf

April 16th 2024

Dear Parent/Guardian,

## Year 8 Girls Health and Wellbeing Activities Day - Friday 19<sup>th</sup> April 2024

We will be holding a Health and Wellbeing activities day for Year 8 girls on Friday 19<sup>th</sup> April 2024. This event aims to encourage lifelong participation in physical activity and gain an understanding surrounding the importance of health and wellbeing. The day will consist of a few alternative sporting activities.

Please ensure your child comes to school in their full P.E. kit and with a full water bottle and attends their mentor period as normal.

Since groups will be split during the day, learners will attend lessons as normal when not taking part. The breakdown of groups is as follows;

Group 1 (WX) will be from 8.50-11am

Group 2 (YZ) will be from 11.15-1.30pm

If your child does not wish to take part please email Mrs. Martin, Head KS3, via [smartin@yht.wales](mailto:smartin@yht.wales) in order to opt out; these learners will continue with normal lessons and should attend school in their full school uniform as usual.

If you have any questions please do not hesitate to contact me via [gdavies@yht.wales](mailto:gdavies@yht.wales)

Yours sincerely,

Ms Georgia Davies  
Active Young People Officer



[www.henrytudorschool.wales](http://www.henrytudorschool.wales) [www.ysgolharritudur.cymru](http://www.ysgolharritudur.cymru)



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