

6 March

Dear Parents,

I would like to thank all those who supported this year's **Primary Book Fair**. The school sold £1497.99 worth of books during the fair which gives us a commission of approximately £900.00 to spend on books for our school. I would like to thank all the teachers who gave their time to help with the Book Fair and in particular, Mrs. Hetty Thresher whose contribution was enormous.

Tomorrow, Thursday 7 March, sees the end of the **Readathon**. Well done to all the children who have been reading many books over the last month. All money raised for our partner schools in Zambia should be placed in an envelope with your child's name, class and amount raised written on the envelope. Please return all money to class teachers by **Monday 11 March**.

Next **Friday, 15 March** is **Red Nose Day**. It coincides with **National Skipping Day** so we will celebrate both. At **09.30**, **Years 2 and 3** will spend 15 minutes skipping in P1. Children are asked to **wear red, have a fancy hair-do if they wish, and most importantly, bring their own skipping ropes** if they have one as we do not have sufficient ropes to give one to each child. At **09.45**, **Years 4 and 5** will have their own skipping time.

The aim of this exercise is twofold, to promote healthy playtimes and to raise awareness of children less fortunate than those in our school. We ask all children to make a **voluntary contribution of £1.00 for Red Nose Day**.

If you would like to practise some skipping with your children, I include some ideas.

Challenge 1 .... Is partner skipping, involving two children skipping together, either face-to-face or side-by-side. The face-to-face skip often involves older children with the rope skipping with a younger partner.

Challenge 2...is continuous crossovers. The key skill when trying the crossover is to ensure the elbows brush together as you jump the rope. Once children can manage a crossover, the challenge is to try two or more crossovers in a row without tagging the rope. The key skill is to make sure the rope goes to the maximum height on each turn (not easy when both hands are in front of the body).

Challenge 3 ....is the pretzel. Whilst standing on their right leg, children place their left hand behind their left knee and, once they are balanced, they turn to the rope and, maintaining the body shape they jump the rope. It is a difficult skill, involving balance and co-ordination and is mainly suitable for older children.

Challenge 4 ....is the double unders, easily the most difficult of all the challenges; it involves turning the rope rapidly, twice for one high jump of the rope

*Please note: the individual challenges ( numbers 2, 3 and 4) are illustrated on the home page of [www.skipping-workshops.co.uk](http://www.skipping-workshops.co.uk)... Just scroll down to where it says, ' Skipping Workshops now on youtube'*

Best wishes



Maeve Mc Carthy  
Acting Deputy Head - Primary

