



‘Our Best at all Times’

Headteacher: Mrs Mitzi Nichol

30 October 2026

Dear Parents and Carers

Wellbeing is at the heart of everything we do. So, when **Team GB Olympian Tom Bosworth** and the incredible charity **Sport in Mind** invited us to join the **100K Your Way Challenge**, we could not wait to get involved! Taking place around **World Mental Health Day (Saturday 10th October)**, this fun, inclusive national event helps use the power of sport to transform lives.

The Challenge

During the week beginning **12 October**, our children will use their daily mile sessions to take a break from the classroom and will be raising money for the charity. Additionally, they will be learning how movement supports their own mental health. To add a bit of friendly excitement, we have split the school into **Year Group Teams** to see who can clock up the most miles! Teachers will be logging the children's laps—every **21 laps** around the Daily Mile track earns their team **1 mile**. Even better, by taking part, our school is entered into a draw to win an interactive **Sport in Mind Wellbeing Workshop**!

How You Can Help

To support this vital cause, we are asking for an **optional minimum donation of £1 per child**. Your generosity goes a long way: every **£54** we raise allows **10 children or adults** facing mental health challenges to access life-changing physical activity sessions.

Beyond fundraising, this enriching week is an amazing opportunity for our pupils to:

- **Boost mental health** through the joy of movement.
- **Understand the link** between physical activity and emotional wellbeing.
- **Build teamwork** and a strong sense of school community.
- **Enjoy healthy competition** between classes and year groups.
- **Celebrate World Mental Health Day** in a truly meaningful way.

As we are competing in teams, please use your child's specific year group link below to make your donation. Thank you for your continued support!

Y3 – <https://sportinmind.enthuse.com/pf/year-three>

Y4 – <https://sportinmind.enthuse.com/pf/marika-rooney>

Y5 – <https://sportinmind.enthuse.com/pf/ashleigh-curtis>

Y6 – <https://sportinmind.enthuse.com/pf/louise-threadgold>

To find out more about the charity:

<https://www.youtube.com/watch?v=shCyT7v0pyI>

<https://www.sportinmind.org/london>

Thank you for your support.

Ms A Curtis
PE Lead

