



9th June 2023

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 upcoming National School Sports Week, which will take place from 19th June to 23rd 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 sport.

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 sport, 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, and various physical challenges designed to promote teamwork, perseverance, and personal growth. These activities will occur during their timetabled PE lessons, break and lunch times as well as after school during extra-curricular time from 3.30-4.30pm. The timetable for the week is as follows:

	Monday	Tuesday	Wednesday	Thursday	Friday
Break Time					
MUGA	Football GKF	Netball CLA	Football RAR	Netball RAR	Football CFR
Jubilee Hall	Dodgeball Sports Leaders	Kin-Ball Sports Leaders	Fitness Sports Leaders	Benchball Sports Leaders	Just Dance Sports Leaders
Lunch A (Year J10 & J11)					
Astro	Football JRI	Football TWN	Football JRI	Football TWN	Football JRI
MUGA	Basketball & American Football (MUGA) CLA	Netball RAR	Basketball & American Football TWN	Netball RAR	Basketball & American Football TWN
Main Hall	Just Dance TWN	Just Dance JRI	Just Dance RAR	Just Dance JRI	Just Dance GKF

The Buckingham School is committed to ensure 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, if you wish to seek assistance, or obtain more information about Pupil Premium funding.

Lunch B (Year J8 & J9)					
Astro	Football TWN	Football TWN	Football TWN	Football TWN	Football TWN
MUGA	Basketball & American Football RBN	Basketball & American Football MWR	Basketball & American Football RPE	Basketball & American Football MWR	Basketball & American Football CFR
Main Hall	Just Dance VKE	Just Dance DRI	Just Dance VKE	Just Dance DRI	Just Dance VKE
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

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 TBS Colour Run, in support of Pride Week 2023. 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 the 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 students become doused in an array of vibrant colours, they will have the freedom to embrace their artistic side and showcase their unique style. It's a wonderful opportunity for self-discovery, allowing students to express themselves. As they navigate through the course alongside their classmates, they will learn the value of supporting and encouraging one another. Together, they will overcome challenges, celebrate achievements and experience the satisfaction that comes from working as a team. It's a chance to connect with peers, make new friends and strengthen the bonds within our School community. Each Year Group will have a designated Period 5 lesson to perform in:

Tuesday - Year 11
 Wednesday - Year 8
 Thursday - Year 10
 Friday - Year 9

Sport has so many different avenues that can be explored that 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 chance of the winning entry being created and worn by the students from the academic year of 23/24. 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 for the School.

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 sport, 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 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 student with the most in each Year Group. Winners will be announced the week beginning 26th June.

We are encouraging everyone to complete 60 minutes of activity per day. Look out for the home challenges which staff and students are welcome to attempt. They will be posted on the school Facebook page as well as the PE department twitter page: @TBS_PEDept

Finally, on Friday 23rd June, we will host a non-uniform day, where students can come into School dressed as their favourite sports star. They could wear their favourite sports team top, impersonate their idols or wear sports clothing that will allow them to take part in sporting activities on the day. We are encouraging all students and staff to take part and you can donate through the Youth Sport Trust JustGiving campaign page: www.justgiving.com/campaign/NSSW2023

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.

Yours faithfully,

Mr J Ribbans

Curriculum Leader of PE

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