

St. John the Evangelist Catholic Academy

part of *St. Gabriel the Archangel Catholic Multi-Academy Trust*

"Lord be thy word my rule."

Principal: Mrs H. Rigby BSc(Hons), PGCE, NPQH

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27th October 2026

Dear Parents and Carers,

Time4Wellbeing Programme

We are pleased to let you know that next half term our Year 4, Year 5 and Year 6 pupils will be taking part in the Time4Wellbeing Programme, which will take place in school on Wednesday mornings.

These will be short, interactive and enjoyable sessions designed to help children learn more about healthy lifestyles. The programme will explore topics such as food, healthy choices and the importance of regular exercise through fun and engaging activities.

To take part in the physical activities, children will need to have a pair of trainers in school for the sessions. Children should continue to come to school in their normal school shoes each day and can change into their trainers when needed.

We would also be grateful if parents could complete the free registration for Time4Wellbeing using the link below:

<https://app.time4sportuk.com/guest-registration/school/6>

We are looking forward to the children taking part in this exciting opportunity and developing their knowledge and understanding of healthy lifestyles.

Thank you for your continued support.

Yours sincerely,

Mrs H Rigby
Principal