



# Moat Farm Infant and Nursery School

and Lavender Farm Nursery

Headteacher: Mrs. D. Walker

Lavender Farm Nursery Manager: Mrs S. Stevens



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Friday, 23 September 2022

Dear Parents,

## IT'S BACK! THE RETURN OF... 'WAKE UP! SHAKE UP!'

We are pleased to announce that we are going to be running 'Wake up! Shake up!' on Friday mornings! Following the success of previous years, we are delighted for this to return. Our first session will go ahead on **Friday 30<sup>th</sup> September** and run every Friday morning.

Children actively participate in a short and easy dance routine to get their brains focused and their bodies working in order to be ready to learn. This type of morning activity has been shown to improve children's learning and focus in school. It also contributes to their improvement of their gross motor skills. However, the most important factor is that it is really FUN!

"Wake up! Shake up!" will begin at **8:20am** and last for around 5 minutes just in time for the classroom doors to open. It will be run by Coach Swinhoe and Miss Gregory in the centre of the KS1 playground, around the conservatory. As long as it is dry it will go ahead!

## TEACHERS SPECIAL

On **Thursday 6<sup>th</sup> October** we are going to do an extra special 'Wake up! Shake up!' event! The **TEACHERS** are going to be joining all the children in the playground for 'Wake up! Shake up!'.

It's not one to be missed! 😊

Yours sincerely,

Mrs D. Walker  
Headteacher

