



16 November 2020

Dear Parents and carers

As we are currently mid-Lockdown, it is important to keep active for mind and body. At Littledown, we are supporting our children to be as active as possible.

As we are an Active Movement school, we need to be aware of Active Recovery and how it can help everyone, so what better ambassadors could we have than our pupils!

We have given the children ways to support Active Recovery at home. Please work with us to stay safe and healthy.

Yours Sincerely

A handwritten signature in black ink that reads 'G. Mahoney'.

Mr Gareth Mahoney  
Teacher and P.E Lead

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