



Churchlands *Primary School*

Before and After School Activities

During the school term, there will be activities happening every day of the week to keep your kids active before and after school. Over the next few weeks, you will see flyers promoting various activities. If you are interested, please contact those organisations directly.

There are a couple of school run activities that all kids are encouraged to attend; **running club** and student **circuit training**.

Running Club

Running club is on **Thursday mornings** starting at **8 am**. For new families to Churchlands PS, running club is where students run laps around the school earning points for their faction. Exercising in the mornings has many health benefits and is a great way to start the day.

Some benefits include:

- improved physical and mental energy,
- a better night's sleep,
- help maintain a healthy weight
- reach your fitness goals,
- enhance your metabolism.

A reminder that mugs for Milo need to be placed on the table outside the undercover area before 8.15 am. Milo is a reward for the effort put in during running club.

It is encouraged that students need to run at least 5 laps to get a Milo. Turning up late won't allow enough time to do 5 laps.

Can you please click on the link and fill in the attached form, so Mr Marshall can organise your QR code card before your first running club. Kids of all ages are welcome to join in the fun, that is running club. Remember to bring your QR code to every running club.

https://forms.office.com/Pages/ResponsePage.aspx?id=-RaA4P3Ru0yDsLdutDYWJ_t4-44XuOhFnLPfOphBNpiUMUJaMUtYNkg0TU5STklwSVRQOUZKUK5QUS4u

Student Circuit Training

On **Wednesday** at **8 am** our Faction Captains will be running circuit training for all students at CPS. This is a great opportunity to get our bodies moving in the morning, work hard together to support each other to reach some personal goals all the while listening to some great music and have heaps of fun. We encourage all parents and family members to join in. No sign up required just turn up on the day. The Faction Captains incorporate fun activities and games and mix in some bodyweight exercises and running. We hope to see heaps of happy and smiley faces on Wednesday.

Michael Marshall
Physical Education Teacher