**Healthy Kidz Mid Term Break Plans**

There will be **no online sessions** for pupils next week 15th-19th February. We will resume week beginning Monday 22nd February.

To support pupils at this time and throughout next week, please follow the many resources and videos available on our website via the link <https://healthy-kidz.com/crush-60-minutes-every-day/>

There will be a unique Mid Term Mega-Dance / Hip Hop initiative that we are inviting all boys and girls to take part in. All are asked to capture a video of you dancing along with coach Alison, and send to [info@healthy-kidz.com](mailto:info@healthy-kidz.com) OR to the Healthy Kidz facebook page. This will form collage-style videos that every child will be included in. We ask that video is recorded ‘landscape’ style and from the ‘front’, showing child’s face where possible. There is no problem with your child completing their routine while following Alison on another screen. There will also be a special certificate given to all that enter. Links for videos are below:

P1-P4 <https://www.youtube.com/watch?v=287qDIWP4L0&list=PLGmS_5SaKG5MZKC3Nv_E7HQicUOl4gCzC&index=2>

P5-P7 <https://www.youtube.com/watch?v=fYW9abIDY2s&list=PLGmS_5SaKG5MZKC3Nv_E7HQicUOl4gCzC>

A full breakdown of each routine can be found on the link above on our website.

Thank you for your support to date.

Kind regards,

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