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27th November 2020

Dear Parents/Carers and Children,

**The British Heart Foundation Christmas Elf Kick!
Starting Tuesday 1st December 2020**



We are excited to inform you that in December, we are going to be taking part in the British Heart Foundation's Christmas fundraising initiative, 'The BHF Elf Kick'!

We know that there has never been a more important time for children to get moving and focus on their health and wellbeing, recent studies show that 1 in 3 children leaving primary school will already be overweight or living with obesity. 2020 has been a very difficult year for teachers and pupils, so here at the British Heart Foundation (BHF) we have created a brand new initiative that will allow children to get 'fit and elfy' this Christmas, have some festive fun in a completely covid friendly way and all whilst raising funds for the BHF's lifesaving research.

What is the BHF Elf Kick? Elf Kick is a series of 12 fitness and wellbeing challenges that the school will take part in, over 12 consecutive days in December. The exercises are all Christmas themed and last no longer than 10 minutes each. They have been designed this way so that we can fit them into any point of the school day! No equipment will be required, and all challenges are suitable to allow for social distancing. Please see the attached list of all the exciting Elf Challenges.

Where does the fundraising come in? Children will aim to raise as much sponsorship as possible for taking on the Elf Kick challenge! To make a donation please visit our British Heart Foundation Elf Just Giving page by following this link: <https://www.justgiving.com/fundraising/Avalon-SchoolELF>

If every pupil raised just £10 each, this would mean that the BHF can go on to fund more machines that can restart hearts, it would give them the ability to fix arteries in tiny babies and the power to give someone a heart they weren't born with.

The coronavirus pandemic is the biggest challenge the BHF has faced in its 60-year history. All 750 BHF shops were forced to close and dozens of fundraising events remain cancelled. The BHF has been losing over £10 million a month and devastatingly, they may need to cut their research budget in half this year. Heart and circulatory diseases remain the world's biggest killers affecting millions of people worldwide. They don't disappear because of a global pandemic. They continue to cause heartbreak on a devastating scale and that is why we are very proud to be supporting the BHF this Christmas by taking part in their Elf Kick Challenge.

Thank you in advance for your support.

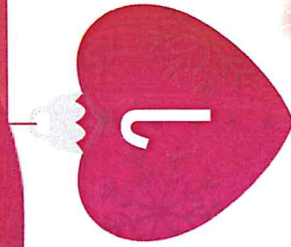
Yours sincerely

Mrs J Callaway
Headteacher



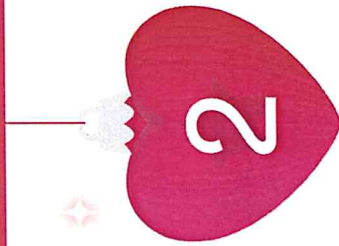
The BHF Christmas Elf Kick!

The Challenges



Santa Dash

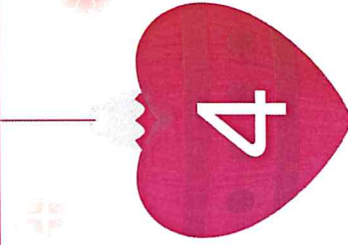
Children attempt to complete as many laps of the school playground as possible in 10mins through a combination of jogging and walking



Yuletide Yoga

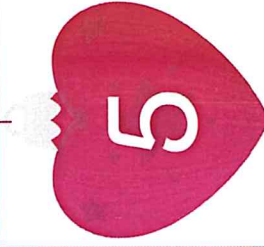
Children to take part in a small yoga session at any part of the school day.
A great idea for straight after lunch to recharge!

Winter Walk
Children to walk around the school playground for at least 10 mins through a brisk walk.



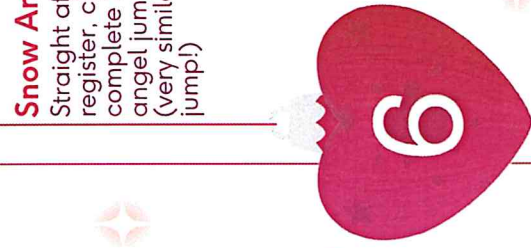
Ho Ho High Knees

Straight after morning register children can stand by their desks and complete 20 high knees!

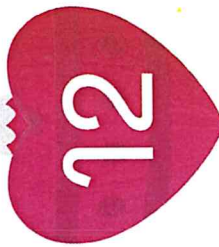


Jingle Bell Jiggle

Children to dance to their teacher's favourite Christmas song!

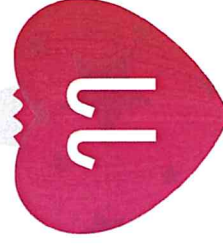


Snow Angel Jumps
Straight after morning register, children must complete 30 snow angel jumps (very similar to a star jump!)



Festive Follow the Leader

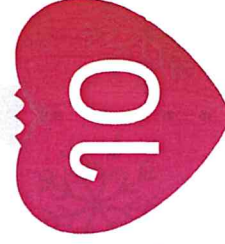
In groups of 6-8, children must follow and copy the movements of the leader in a line around a large space. On the teachers call, the child at the back of the line must make their way to the front and demonstrate a new movement (sidesteps, hopping, skipping etc) for the rest of the line to follow!



Christmas

Pudding Push ups

Complete 10 push ups before you start the school day!



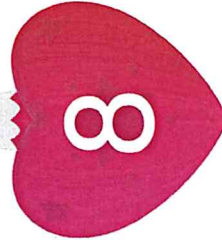
Santa Squats

Complete 20 squats before you start the school day!



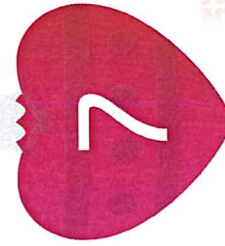
Reindeer Relays

Each reindeer takes it in turn to run to the marker and then return to the back of the line whilst the rest of the reindeer's move further to the front. All reindeer's to repeat this until they return to their original places. Who will be the winning team?!



Christmas Colours

Place 3 different colour cones down in a large space around 5 metres apart. All children to line up behind the middle cone facing forward. When the teacher calls out a colour, children side step to that line as quick as possible!



Snowman balance

Children to work in pairs with one acting as the snowman and the other giving out the instructions. Partner A stands with arms out wide and balancing on one leg. Partner B calls out which body part to touch. Partner A must return to the original Snowman pose each time