

St. Peter's Church of England (VA) Primary School

Christian focus: Love

“Beloved, let us love one another, for love is of God”
John 4:7



Church Lane,
Mill End,
Rickmansworth,
Hertfordshire,
WD3 8HD

Email: schooloffice@spsmillend.herts.sch.uk
Web: www.spsmillend.herts.sch.uk

Headteacher: Mr M Conley BA (Hons), MA, PGCE

Tel: 01923 773240

Our School vision: One Family, Aiming High, Learning Together with God

Friday 9th January 2026,

Dear Parents and Carers,

As we move further into the spring term, our Year 6 students are working incredibly hard in preparation for their upcoming SATs. We are incredibly proud of their focus and the maturity they are showing during this busy time.

To support their well-being and academic performance, we have decided to introduce an additional PE session every week.

What You Need to Know

Starting week commencing 12th January, Year 6 students should come to school wearing their full PE kits every Wednesday, in addition to their regularly scheduled PE days.

Why the Change?

We believe that a healthy body supports a healthy mind. Research consistently shows that physical activity offers significant benefits during periods of academic pressure, including:

- **Stress Reduction:** Movement helps to lower cortisol levels and reduce feelings of anxiety.
- **Improved Focus:** A "brain break" through exercise increases blood flow to the brain, helping children concentrate better during their lessons.
- **Mental Well-being:** Regular exercise releases endorphins, which boost mood and confidence—essential components for tackling assessments.

We want to ensure our students feel energised, balanced, and ready to do their best. By adding this extra day of movement, we are prioritizing their physical health just as much as their academic progress.

Thank you for your continued support in helping your child prepare for this important milestone. If you have any questions regarding kit requirements or the new schedule, please do not hesitate to contact your child's class teacher.

Kind regards,

Miss SJ Moon

