



Tuesday 7th March 2023

Dear Parents and Carers

GMS 2023 Sporting Challenge – Friday 28th April

It is no secret that Great Marlow School places a huge emphasis on the importance of physical activity. I have written numerous communications about how we believe that people who live physically active lives are physically healthy and emotionally healthy. We, as a school, also find that students who are physically active and participate regularly in exercise and sport find the acquisition of knowledge easier and can apply that knowledge and understanding more successfully in tests and examinations.

In partnership with Friends of Great Marlow, we are organising a school and community event to raise the profile of the importance of physical activity and to give families, community groups and organisations the opportunity to participate in our 2023 Sporting Challenge.

The students at GMS on Friday 28th April will either be competing in inter-house competitions across a range of activities or participating in a health-benefitting session of physical activity with the intention of every student participating in at least 20 minutes and 23 seconds of continuous physical activity on the day.

The challenge being taken up by a group of staff at the school is slightly different and that is to work in teams, of approximately 8-10 people, to complete 20 hours and 23 minutes of continuous physical activity, starting at 4pm on the afternoon of Thursday 27th April and finishing at 12.23pm on Friday 28th April.

As well as raising the profile and importance of physical activity to health and wellbeing, we are also looking to raise money to further enhance the provision of facilities, equipment, and programmes of activity that we already run for our students, for the wider community through the Redgrave Sports Centre and the associated outdoor sporting facilities.

The Redgrave Sports Centre and outdoor sporting facilities are wholly owned by the school and managed by staff employed by the school. All the facilities are used by the students throughout the school day but used extensively by the community before school, after school, during evenings, weekends, and school holidays.

There is an opportunity for parents/ carers, community groups/organisations or local companies to join the school staff and Friends of Great Marlow in the 20 hour and 23 minutes challenge. If you are interested, [please complete this MS Form to register your interest](#) and we will follow up with you to provide further details and discuss the logistics. We are also looking for the community participants to raise money to support our objectives.

Over the next few weeks, I will update you with more details on the plans.

Best wishes

Kevin Ford
Headteacher