

24 March 2021

Dear Parents/Caregivers of Middle School children

In term 2 we begin skipping as part of our fitness programme. This has been hugely successful in previous years and many of our Year 4 students are looking forward to doing it all over again. We hope to build up the fitness levels of each child in preparation for our cross country the following term, and also develop the co-ordination and stamina of our students.

All Year 3 and 4 students need to an individual skipping rope. You may choose to provide this yourself, or you can order one through your [KINDO LOGIN](#) for \$6.00 each. Orders must be made before Wednesday 31 March. Skipping ropes purchased through KINDO will be yours to keep at the conclusion of the programme.

If you have more than one child in the Middle School, please order each child's skipping rope individually to make the distribution process easier. If you need help with ordering, please contact the office on 274 0637.

As a guide for those getting a skipping rope for their child during the holidays, individual skipping ropes should be long enough to be placed under one foot when the child is standing, with the handles coming up to the child's armpits. (See photo.)

Too much longer or shorter and they will have difficulty skipping. Please consider quality when purchasing a rope from the cheaper outlets, as your child will require the rope for the entire term.

Ropes are required on the first day of Term 2. Although we will cater for all levels of skipping ability, it may help your child to practise in the holidays if they lack confidence.



Thank you for your support.

Middle School Teachers