

**DON'T FORGET** tomorrow Friday 8<sup>th</sup> June is Mufti day in aid of the VSA Summer Fair - the children can wear their own clothes in exchange for a donation of boxes of chocolates, sweets, bottles of wine, beer or spirits, and gifts etc for the raffle and prizes for the activities. We are always amazed by the quantity and quality of the items you donate, thank you. Tomorrow afternoon will also be your first chance to buy raffle tickets if you are unable to make it to the fair but want to be in with a chance of winning one of our fantastic prize hampers. The VSA will be outside the main playground from 2:45pm.

**Vallis School Gate Parents' running group:** Do you want to become more active or to get fitter? Do you want to improve your mental health and well-being? Do you have 45 minutes to dedicate one morning a week to becoming fitter? No previous experience necessary, no specialist equipment or kit needed, all abilities welcome and it's free! Frome Town Council are sponsoring the setting up of running groups to promote well-being and fitness in parents and carers of local schools with support from trained run leaders from Deka Running. **If you are interested in finding out more and even doing the 'Couch to 5K challenge' in eight weeks then please sign up on the tear off slip below. Let us know if you would prefer 9-9.45am on a Tuesday or a Thursday.** It could be the start of a whole new you!

**Frome's Outdoor Gym:** Frome's Outdoor Gym can be found on the Old Showfield. It's tucked away behind Frome Medical Practice and Frome Community Hospital. The gym is there for the whole community to use and enjoy for free! We know many of you already use the outdoor gym - dog walkers, runners, Mums, Dads and young people can all be seen enjoying trying it out. Some personal trainers use the gym as part of their outdoor training sessions, no matter what the weather throws at them or their clients! But it would be lovely to see more people using the outdoor gym. The gym is designed so anyone can have a go - whether new to exercise or a regular gym user already. To help encourage more people to use the outdoor gym equipment in Frome, informal drop in sessions have been arranged at the gym. These started on Monday 4<sup>th</sup> June and will run for 8 weeks, every Monday at 9.30am. Sessions will last an hour and will be free to join in with. These aren't personal training sessions, but a qualified instructor will be on hand to show you how to use the equipment. The number of people attending sessions needs to be limited so the instructor can give people the time they need to learn to use the outdoor gym equipment. You can find out more and book your space to try out Frome's Outdoor Gym by going to **Frome Town Council website**.

**Dates for your Diary 2018**

**Friday 8<sup>th</sup> June** - Mufti Day for VSA Summer Fair

**Thursday 14<sup>th</sup> June** - Evening meeting for new intake Foundation Stage parents, 6pm

**Saturday 16<sup>th</sup> June** - VSA Summer Fair

**Wednesday 20<sup>th</sup> June** - KS1 Pop-Up-Play Festival

**Thursday 21<sup>st</sup> June** - KS2 Trip to the Roman Baths

**Friday 29<sup>th</sup> June** - Sports Day

**Thursday 5<sup>th</sup> July** - Foundation Stage Trip to Weston-Super-Mare

**Friday 20<sup>th</sup> July** - Last day of school before Summer holidays - 2pm finish

**Clubs:** There are a couple of places left on Football Club (Tuesdays). If you would like your child to take part, please come to the School Office to book and pay for a place.

**Vallis School Gate Parents' running group:**

I am interested in joining this running group: Name.....(please print)

Telephone contact number:.....

I prefer a Tuesday morning 9.0-9.45am YES/NO

I prefer a Thursday morning 9.0-9.45am YES/NO

**Please return this slip to the School Office by Monday 11<sup>th</sup> June 2018**