



26 April 2022

Lourdes Secondary School
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Head Teacher
Gerry McGuigan MA(Hons)

Dear Parent/Carer,

As part of our strategy to improve Health and Well Being across the curriculum, your son/daughter in S1 will be involved in a Health Day in the school on Tuesday 3rd May 2022. The day will involve 8 activities in the morning followed by an inter-house sports tournament in the afternoon. Please remind your child to come into school in their PE kits.

The day will consist of your son/daughter going around 8 different workshops in the morning with their class:

- Dental health presentation
- Spiritual Health practical
- Fitness
- Rowing challenge
- Team building
- First aid
- Nutrition health – ‘blind taste challenge’
- Mental health presentation

They will spend approximately 25 minutes at each workshop. In the afternoon they have chosen to take part in a sport interclass competition in either football; basketball; dodgeball; fitness; or badminton. The scores will be added up and we will have an eventual winner for the day.

We hope this will be an extremely worthwhile day where your child will learn about health and take part in an array of beneficial activities that will make it a brilliant experience for them.

Yours faithfully,

Gordon Fagan

Gordon Fagan
Principal Teacher of Physical Education

