

# St Thomas à Becket Church of England Federation

**Framfield CE Primary School**  
The Street  
Framfield  
Uckfield  
East Sussex  
TN22 5NR



**Blackboys CE Primary School**  
School Lane  
Blackboys  
Uckfield  
East Sussex  
TN22 5LL

**Acting Headteacher: Mrs J Davies**

**Acting Headteacher: Mr G Sullivan**

14<sup>th</sup> September 2017

Dear Parent / Carer

**Re: Fit Bits**

We are very excited to inform you that we are launching the use of our Fit Bits!

Three children have been picked at random in each class to use a Fit Bit. When your child is given their opportunity with the Fit Bit, the class teacher will inform you of this at the end of the day.

Children will have the Fit Bit for two sleeps, unless it is over the weekend, when they will have it for three. The day with the highest number of steps will be the total recorded for each child and your child will be informed how many steps they have achieved. The Fit Bits will enable the children to see the amount of activity that they do daily and encourage them to increase this where possible. It is anticipated that each child should have their turn with the Fit Bit once every term.

When your child receives the Fit Bit you will receive a box with the wristband in and the charger. Please ensure that this is charged and ready to use each day - I suggest charging it in the evening - as we do not want to miss any steps! It is essential that the Fit Bit is brought back **daily** into school. Please encourage your child to be very careful with the Fit Bit. It can be worn at all times, *except* when in water, such as swimming, baths and showers, but can be worn when washing hands.

Thank you for your patience in waiting for the Fit Bits to be set up. We look forward to seeing the positive effect of this healthy plan initiative.

Yours sincerely

Mrs J Davies  
**Acting Headteacher**