26 June 2018

Dear Parents and Carers

**This Girl Can – Year 8 Girls**

The Girls PE Department has been successful in securing funding from ‘This Girl Can’ in Herts. ‘This Girl Can’ in Herts is the County campaign that supports Sport England’s national initiative to encourage more women and girls to be active. It is a celebration of active women and girls who are ‘doing their thing’ no matter how well they do it, how they look or even how red their face gets. Funded by The National Lottery and developed by Sport England, the aim of the project is to help women and girls overcome the fear of judgement that is stopping too many from joining in.

All Year 8 girls will be taking part in the ‘This Girl Can’ project at Rickmansworth School on Monday 2 July 2018 from Period 1-5. There is no cost for this project. The project will include a variety of non-traditional activities and will finish with a large group activity.

**Meet:** Go to the sports hall at 8.40am.

**Finish:** Students will finish their group activity at 3.15pm.

**Dress:** Please attend School in full PE kit.

**Students should bring a large packed lunch and lots of water.**

Yours sincerely

Mrs C Cox