



Biddenham

International School & Sports College

Principal: Mr David Bailey

Head of School: Ms Eleanor Grylls

Dear Parents/Carers

We are delighted to invite your daughter to attend an inspiring and empowering virtual workshop designed specifically for girls in years 8 & 9. The 1-hour virtual workshop will run on **Wednesday 1st May 2024, 11am in the Main Hall**, delivered by an external company [StudioYou](#). The aim of the workshop is to build on the already high motivation levels we have in girls PE and build on them to ensure students stay active beyond school hours. The concept of the workshop is driven by the [This Girl Can](#) initiative by [Sport England](#). StudioYou have put together a diverse panel of barrier breaking role models from This Girl Can, Nike and many more.

At Biddenham School, we believe PE is a subject that is integral to your child's personal, physical and mental wellbeing and want to be able to help show that regardless of background and ability, that getting active and staying active has multiple benefits.

The session outcomes will be :

- Help students discover that you don't have to be super sporty to start exercising. You can do it for fun, friendship or to try something new. There is something for everyone.
- Students to understand how physical activity and PE can possibly impact their mental wellbeing, as well as their overall learning and engagement in school
- Recognise the varied experiences and misconceptions of girls when it comes to physical activity and PE and ensure they stay active beyond school hours
- Share practical advice from our expert panel discussing the ways girls can enjoy exercise and PE
- Give students the opportunity to participate in an interactive question and answer session with our expert panel and continue these discussions with the PE department
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The nature of this workshop is online however; the PE department will be available to answer any questions students may have. We would like to take this opportunity to thank you for your continued support with your child's education.

Please do not hesitate to email enquires@biddenham.beds.sch.uk should you have any further questions

Yours faithfully,

MR M EVANS
Head of PE

MISS S HUSSAIN
Assistant Head of PE

Biddenham Turn, Biddenham, Bedford, MK40 4AZ

Tel: 01234 342521

Fax: 01234 334530

Email: enquiries@biddenham.beds.sch.uk

Website: biddenham.beds.sch.uk