

January 2022

Dear Parent/Carer

As you are aware, an important aim of The GORSE Academies Trust is to promote an understanding of the importance of leading a healthy active lifestyle and to build in students the knowledge required to create healthy habits that last for life. This work is being carried out through the trust's initiative GORSE Gets Healthy. The initiative aims to educate our young people on simple daily actions they can take which will enable them to develop healthy habits for life.

To support this important work, we are very pleased to announce the launch of the new GORSE Gets Healthy Website www.gorsegetshealthy.co.uk. The website has been produced to inspire and support our families in becoming healthier. The site includes lots of ideas and tips on how to;

- Increase your physical activity levels.
- Eat a healthy balanced diet.
- Improve the quality of your sleep.



We encourage our families to visit the website to support you in finding small daily changes which could make a huge difference to your health over time.

By tackling issues around health together, it is our hope that we begin to see a noticeable change in health and fitness across the academy and the wider community of Leeds. The changes we all make now will have a direct impact on the academic and sporting success of our young people and will see them aspire to greater things than they ever thought possible.

Yours faithfully



Miss C Rhodes
Partnership Director of Sport, Physical Education and Health