



Dear parents,

This summer, Alexandra Park is shaking up and getting active with Change4Life and Disney. We've been doing lots of activities inspired by our favourite Disney characters.



Look out for the 10 Minute Shake Up games pack in your child's book bag. It's filled with fun games that will keep them busy and active over the summer.

Join in by playing the Shake Up games with your child and help them discover which Disney character they're most like, and which sports and activities they may enjoy.

You can also search [Change4Life](https://www.change4life.co.uk) to get more tips and ideas to keep your kids moving over the summer (and beyond).

Have a fun and active summer!

If you try the activities, remember you can share your success on our school Twitter page @Alexpark\_sch.