



## HOLY FAMILY'S FITTEST FAMILY



We are delighted to announce that for Active Week this year Holy Family School will be running our first ever fittest family competition.

With the recent increase in the COVID 19 safety radius, we can now travel **5km** from our home. We think that this is a great incentive to get us all moving. We want to encourage all our students, staff, parents and guardians to run, walk, jog, dance or crawl as many kilometres as you can during **Active Week (May 25<sup>th</sup>- 29<sup>th</sup>)**. Please follow the necessary health and safety advice from the HSE and only exercise with those from your own household when taking part in the challenge.

To compete, share the total number of kilometre's your family covered to [holyfamilydunedin@gmail.com](mailto:holyfamilydunedin@gmail.com) at the end of the week. We would also love to see pictures of your family outside, being physically active during the week. We will share a selection of these on the school website to encourage and motivate everyone to compete.

The family that completes the most distance over the week will receive an **AMAZING PRIZE**

Please visit our school website for updates [www.holyfamilyschool.ie](http://www.holyfamilyschool.ie)

### **THE RULES**

- All teams can have up to 4 members.
- One member must be enrolled/work in the school
- Maximum of 2 Adults per team.