



March 2020

Dear Parent / Guardian

Durham City & Chester-le-Street School Sport Partnership – Online Home Resources

The Durham City & Chester-le-Street School Sport Partnership is a local none for profit organisation who works with local schools, including the school of your child. Our mission is to Switch People onto Sport and encourage young people to be happier, healthier and more physically active.

Our normal communications and interactions are with school staff, but we recognize as an organisation at this current time that it is essential to reach out to parents and guardians who have children at home and try to do our bit to help and support you.

We're all now spending a lot more time at home and that means many of us are thinking about how we can get, or stay, active. To help, we've compiled a 'Home Resources' section on our website with open access for people to use. We have tried to put into one place useful exercise ideas that are out there for keeping active in and around your home as well as collating information about other websites that are providing resources, activities and videos that you could use.

The link to our Online Home Resources Page is: <https://durhamcls-ssp.co.uk/home-resources/>

In terms of Social Media, we have a Facebook page which is being updated daily with skill and exercise challenges which can be tried at home. Please 'Like' **Durham & Chester-le-Street School Sport Partnership** for access. Also if you've found a great way to keep active online, please use the hashtag **#StayInWorkOut** on social media to share it with others.

If you have any questions about the above information, or any suggestions regarding resources you would like to be added to our online platform, please contact me using the details below.

Kind Regards

Emma Nichol

School Games Organiser & Sports Partnership Manager Durham & Chester-le-Street School Sport Partnership
emma@durhamcls-ssp.org 0779620767

