



**The Laurels**  
PRIMARY SCHOOL

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BCO/mwa

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Dear Parents and Carers

I am delighted to announce that the Specsavers 'Virtual' Sussex School Games is coming back in February! Get ready for The Winter Games MONDAY 1ST FEBRUARY 2021, and take on some incredible sports from the Winter Olympics.

After the success of the virtual competition in the summer, which saw almost 10,000 people take part weekly, the Sussex School Games Organisers and Active Sussex have put together a new set of challenges, meaning children (and adults) can ski, skate and even bobsleigh from the comfort of their own living room.

This is a perfect opportunity to get actively engaged in various challenges during these unprecedented times!

The challenges have been designed to capture the imagination of children at this time, to help keep them physically active and to encourage them to beat their own personal best.

Children will be representing The Laurels by contributing towards the school's average score, so it doesn't matter that we are a small school but every entry counts.

### Get Involved

It all kicks off at 9.30am on Monday 1 February when the first set of icy challenges are released. Anybody can take part, and whilst there is no 'official' sign-up required, we would encourage you to [sign-up to the mailing list](#) to get updates, challenges and results sent to you directly, and also to follow on social media to help spread the word.

Twitter: [@SussexSchGames](#) & [@S\\_A\\_Sport](#)  
Facebook: [Specsavers Sussex School Games](#)  
Instagram: [@SussexSchGames](#)

### How does it work?

There will be 4 challenges each week each linked to a different Winter Olympic discipline, for the 4 weeks of February.

Challenges will be published at 9.30am on a Monday morning, on [www.sussexschoolgames.co.uk](http://www.sussexschoolgames.co.uk), on social media, and sent directly to those [signed up to the mailing list](#).

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Participants have until midday on Friday to submit their scores and leader boards will be published later that day.

There will be separate leader boards for primary and secondary school children, and an Active Adult leader board so that teachers, parents and carers can get involved and represent the school too.

All of the challenges require minimal space and no special sporting equipment (we're talking socks, towels and chairs before you blow the school budget on a new bobsleigh), and each challenge comes with some example adaptations which can be made where necessary. Creativity and problem solving is encouraged throughout, to make sure that as many people can get involved in the competition as possible.

There are also some example adaptations for people with disabilities, to ensure that sports are inclusive and accessible for everybody.

### **Training Prizes**

Practice makes perfect, so participants are encouraged to train and improve each week to be the best that they can be.

As a bit of extra-motivation, each Monday we'll be setting a new training challenge alongside the sporting competition, with the chance to win a £50 Amazon voucher as a prize.

Participants simply need to upload their training videos and pictures to Twitter, Facebook or Instagram, and include the hashtag #SussexSchGames, and a weekly winner will be selected at random.

So it's over to #teamLaurels (that includes parents, carers, grandparents, siblings and anyone else who wants to support us!).

Let's see if we can work together to get as high up the schools leaderboard as possible. Please send in your pictures and videos and we can share them with the school community. By taking part in the whole event you will certainly earn your resilience badge and get super fit in the process.

Good luck!

Kind regards



**Mrs B Collins**  
**Assistant Head**