



Equity, Excellence, Evolution

*The Five Islands Academy is an all-age, multi-site, Church of England Academy,
serving the island communities of Bryher, St Agnes, St Martin's, St Mary's and Tresco.
It is part of the Leading Edge Academies Partnership.*

Monday 6 October 2025

SKIPPING!

Dear Parents and Carers

I hope this message finds you well.

I wanted to share something personal with you. Over the summer, I was diagnosed with a heart condition. Since then, I have had to make changes to my lifestyle and start medication, which has been a challenging adjustment. One of the biggest sources of advice and encouragement during this time has been the **British Heart Foundation (BHF)**.

The British Heart Foundation is a UK charity dedicated to funding life-saving research into heart and circulatory diseases, supporting people affected by these conditions, and promoting better heart health across the country. They also provide accessible information, guidance, and community support for those living with heart-related issues. You can find out more about their work at www.bhf.org.uk.

As a way of expressing my gratitude to the BHF, I am planning a **sponsored skipping challenge** during **November**, aiming to complete **100 skips every day** throughout the month ([100 Skips a day challenge](#)).

I've set up a fundraising page: [Fundraising Page](#) I would be hugely grateful for any contributions or words of encouragement!

The children in **Year 5**, along with colleagues across **Key Stage 2**, have said they would like to get involved too! I've managed to get some new skipping ropes so that everyone can take part.

We'll be holding two special events to support the challenge:

- **Friday 31st October** – We'll start with an introductory session, supported by **Mr May** and **Miss Liston**, looking at how to skip safely and exploring some fun adaptations and variations we can all try. Year 5 pupils will also be able to take a skipping rope home if they don't already have one.
- **Friday 28th November** – We'll come together for a **final skipping event** to celebrate everyone's efforts and finish the month in style!

I hope this project will be a fun and positive way for us all to keep active, work together, and raise awareness about heart health while supporting a charity that makes such an important difference.

All aboard! Navigating together

www.fiveislands.scilly.sch.uk

Thank you so much in advance for your support - whether that's joining in, cheering us on, or donating to the cause.

Warm regards,

Alan Craig