**Suggested wording for your newsletter and other school communications**

**Spring into Action Week - Monday 3rd to Sunday 9th March 2025**

To support your promotion of Spring into Action 2025, we have provided suggested wording for you to use in your school newsletter and communications. Please feel free to use as is or adapt as required.

A parent and carer letter is also provided to be sent out along with the Spring into Action Toolkit 2025.

**Suggested wording for your newsletter:**

We are pleased to be supporting Hampshire’s Spring into Action Week 2025!

The event runs from Monday 3rd to Sunday 9th March.

The Spring into Action Toolkit will be shared with families and is also available at:

[myjourneyhampshire.com/springintoaction](https://myjourneyhampshire.com/springintoaction)

The toolkit provides fun activities to enjoy throughout the week. The activities can be tried during your daily walk, wheel, scoot or cycle to and from school, during an outdoor activity or in your leisure time.

This year’s theme is **the weather**, with ideas to help us engage with nature and think about how being out in all weather can benefit our health and wellbeing. The toolkit also provides a fantastic opportunity for families to spend time talking and having fun together.