

# Water Primary School

## Happiness, Health & Opportunity

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**Headteacher: Miss E. McKay**

8<sup>th</sup> May 2024



Dear Parents/Carers of Children in Blossom and Sequoia

I am writing to inform you that we will be reintroducing the Moki Bands to our school curriculum. The Moki Bands are designed to inspire children to be more physically active by accurately recording their movements through a tracker embedded within the wristband.

The Moki Bands are a practical and resilient solution for monitoring the number of steps taken and the minutes of moderate to vigorous physical activity (MVPA) completed by the wearer. Designed without a screen, these wristbands eliminate distractions and focus purely on capturing physical activity data.

The key benefits of the Moki Bands include ensuring that children achieve their recommended 60 minutes of daily physical activity, promoting participation through engaging group challenges, reflecting the effectiveness of our school's health and wellbeing strategy and empowering students to track their progress through personalised player reports.

In our school, children will wear the Moki Bands for three-week periods. As they arrive in the morning, they will scan their bands, and the collected data will be seamlessly integrated into the school system. To make this experience enjoyable and exciting, we will be organising friendly competitions between classes and potentially with other schools.

We intend to commence the use of Moki Bands from the week commencing the 13th of May 2024. We believe that this initiative will enhance our students' physical activity levels, encouraging a healthier and more active lifestyle.

Should you have any queries or require further information about the reintroduction of Moki Bands, please do not hesitate to contact me or the school office.

Thank you for your ongoing support and collaboration in promoting the wellbeing and physical health of our students.

Yours faithfully  
Miss Wilson  
Year 4/5 Class Teacher

