



Dear Principal and Teaching Staff,

We are writing to you from RTÉ's *Operation Transformation* about the exciting new initiative we are launching for Primary Schools across the country called *10@10*. We want every primary school child in Ireland to take part in the largest junior group exercise session to ever take place in Ireland, and we want your school and your pupils to take part.

**What is the 10@10?**

On Friday the **10<sup>th</sup> February at 10am** every primary school child in Ireland will be asked to partake in a mass physical activity break for 10 minutes. It doesn't matter what they do, it doesn't matter how they do it, we just want to see your school moving. At 10am for 10 minutes, students can dance, kick a ball, hula-hoop or simply walk on the spot, but we want every school in the country doing something to get moving.

Participation in the 10@10 couldn't be easier, this pack you have received has everything you need including: 10@10 posters and participation stickers for your pupils.

**Why should your school get involved?**

- Regular activity breaks during the school day do not only help increase children's physical activity, but can also improve concentration and focus and improve classroom behaviour among pupils.
- Participation in the 10@10 can be used as a step towards your Active School Flag.
- Every child that partakes in the 10@10 will get a sticker to show that they've participated with over half a million other pupils nationwide.

**Classroom Resource:**

*Operation Transformation* and the *Active School Flag* together with Healthy Ireland want to promote physical activity in school and in the classroom. To help teachers with this, we have produced a 'Classroom Workout' which can be used to partake in the 10@10 or as a teaching resource throughout the year.

This 'Classroom Workout' has been developed by *Operation Transformation's* Fitness Expert Karl Henry and will be available to stream or to download from the RTÉ website ([www.rte.ie/ot](http://www.rte.ie/ot)) in early January 2017. There will be 2 versions of this video (presented by 2 young presenters), one in English and one as Gaeilge.

**Your School:**

We want to hear from schools that are already incorporating physical activity and active breaks into their classrooms, or from schools that want to take on a challenge for 2017.

*Operation Transformation* will be visiting schools in the run up to the 10@10, and will also be selecting schools to film with on the event day in February. If you think we should visit you contact us and you never know, our cameras could be paying your school a visit.

We hope to hear from you  
Kind Regards  
Operation Transformation Production Team

**Get in contact now:**

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Please do not hesitate to contact us with any questions you may have in relation to this initiative.

