



# BeActive

Oxley Park Academy  
April 2025

BE ACTIVE, BE HEALTHY, HAVE FUN!

## BeActive updates .....

What an eventful Spring Term we had! Mrs. Lyttle has been working closely with MK Council to explore various ways to encourage our local community to be active, particularly in relation to cycling. Some members of our BeActive team, along with our Academy ambassadors, visited Marie Bradburn at Milton Keynes Council. During this meeting, they discussed cycling to and from school and addressed potential challenges that our community may face.



The teachers are immensely proud of the exemplary way our students represented the school. The BeActive team is now focusing on how we can utilize the new bikes we have to help more children cycle safely. Additionally, Mrs. Lyttle is currently organizing Level 1 Learn to Ride lessons for our Year 4 children. We hope that by doing this, more children will be prepared to access Bikeability when it is offered in Year 5. We would love to hear any ideas you may have!



## BeActive inspiration...

Jamie Laing achieved something incredible last month when he ran 5 marathons in 5 consecutive days for Comic Relief. He raised over 2 million pounds for the charity. Throughout the challenge, Jamie displayed his raw emotions; he was in pain and felt his body giving up at times, but he didn't allow himself to stop. He has since spoken about the benefits of exercise for mental health. I believe this shows that you can truly achieve anything if you put your mind to it. It is never too late to get up and start being active!



# NEWS