



North Elmham CEVA Primary School  
Stibbard All Saints CEVA Primary School  
*Flourish Federation*



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Dear Parents/Carers,

We are delighted to have received a personal message to our school from Double Paralympic 200m Gold Medallist, Richard Whitehead MBE from his training camp in South Africa.

Richard, wanted to send our children a message on the importance of being resilient and kind in these unusual times where it is important to stay positive.

Richard has teamed up with Ellen White, England Footballer and Manchester City player, to create a NEW podcast called "Track and Ball Podcast", which interviews and gives listeners an insight to the lives of elite athletes.



Ellen and Richard would like us to all get involved with their next podcast, which they are going to be handing over to schools – inviting all children, staff and families to submit questions to them, for a Question and Answer Podcast in a few weeks!

The questions can be anything, from finding out more about their sports, training, and successes to what their favourite TV programme is? Whatever you would like to find out!

What you need to do to have a chance of your questions being answered is to:

- 1) Follow Trackandballpod on Instagram and Direct Message your questions to either of them.
- 2) Follow Trackandballpod on Twitter, Tweet your message and tag them in by adding their handle @trackandballpod to submit your question.
- 3) Don't forget to leave your name, age, school details so they can announce who has sent in the question!
- 4) All details of when the Podcast can be viewed and listened to on Youtube will be announced across these platforms. Please subscribe to their Youtube Channel – the link is below.

If you would like to listen to any of their interviews you can access the podcast through many social media platforms.

Links are below:

Twitter - <https://twitter.com/trackandballpod>

Website - <https://www.trackandball.co.uk/>

Youtube - [https://www.youtube.com/channel/UCK9j\\_WfzRU4PdMtd5otWJjQ](https://www.youtube.com/channel/UCK9j_WfzRU4PdMtd5otWJjQ)

Instagram - <https://www.instagram.com/trackandballpod/>

Kind regards,

Mr Whitney  
(PE lead @ Flourish Federation)