

Good afternoon,

As part of Live Life Aberdeenshire's, Live Life@Home offering, Active Schools Aberdeenshire are releasing a weekly challenge on social media on a Monday morning for pupils to take part in and send in their best efforts during the week online.

The challenges will vary but include physical activities, quizzes and timed challenges. So far we've had obstacle courses and alphabet exercises with plenty more to come. Therefore if you are looking for something different, then check out our social media feeds on a weekly basis for some new and exciting challenges and ideas.

Active Schools have also uploaded some fun activities and resource cards onto the Live Life Aberdeenshire, Live Life@Home webpage. These alongside many other fun activities and videos across the many services in Live Life Aberdeenshire can be found [bit.ly/LLAhome](https://bit.ly/LLAhome)

You can find our local facebook page for your area by clicking on the links below

Active Schools North - Covers the areas of Banff, Ellon, Fraserburgh, Mintlaw, Peterhead and Turriff.

Facebook: [Active Schools Aberdeenshire North](#)

Active Schools Central - Covers the areas of Alford, Huntly, Inverurie, Kemnay, Oldmeldrum and Westhill.

Facebook: [Active Schools Aberdeenshire Central](#)

Active Schools South - Covers the areas of Aboyne, Banchory, Mackie, Mearns and Portlethen.

Facebook: [Active Schools Aberdeenshire South](#)

We would appreciate if you can share this with your pupils, parents and fellow school staff and we'd love to see you getting involved in some of the challenges and quizzes.

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**\*Questions regarding the above should please be directed to your local Active Schools Coordinator: This website has a link to the local pages with contact details at the bottom of each.**

**Alternatively, email activeschools@aberdeenshire.gov.uk and messages will be passed along, as appropriate.**

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<https://lifelifeaberdeenshire.org.uk/sport-and-physical-activity/active-schools/>

**Have you heard about Live Life @Home**

<https://www.lifelifeaberdeenshire.org.uk/live-life-at-home/>