



Healthy Living Week!

Friday 14th July

Dear Parents/Carers

We have had such a wonderful Healthy Living Week. The children have been learning how eating healthy and exercising can help them have healthy bodies and healthy minds.

We had so many activities going on to encourage the children to get active, including trampolining, an extreme mountain bike show and an inflatable pirate ship obstacle course! Rising Stars also did some fantastic sessions with the children to teach them about the key skills they need in order to exercise effectively. The children (and the staff!) have really enjoyed running, bouncing, throwing, catching and generally getting active!

The children also learnt about the importance of eating healthily and we had a whole school competition to design a healthy lunch box. The children produced some amazing work, packed full with so much information, including why we need carbohydrates, protein, dairy, fruit, vegetables and fat for a healthy balanced diet. It was lovely to see so many entries in the whole school competition, showing children trying a new fruit, vegetable or sport.

The winners of the design a healthy lunch box competition were: Reception: Leon Williams; Year 1: Maria-Ann Mullan; Year 2: Charlotte Thompson; Year 3: Maddie Kick; Year 4: Mia Kwasniewski; Year 5: Benjamin Preece; Year 6: Max Whitmore

Terrie Currie in Year 3 won the prize for his photographs of him trying a new fruit – passion fruit!

Miss Adams has done an amazing job organising this week – thank you Miss Adams!

As part of our Pupil Questionnaire, lots of children in Years 3, 4, 5 and 6 were asking about free fruit in school for them. Children in Reception, Year 1 and Year 2 currently receive free fruit as part of a healthy eating scheme. I was really impressed with the children wanting to have this healthy choice at break time, so we are currently looking into whether there are any new national or local schemes to provide free fruit for our older children – watch this space!

We will be continuing to promote healthy lifestyles next year – look out for future events and activities in the new academic year!

Kind regards

Ms Claire Westcott
Headteacher

Miss Adams enjoying the trampoline!





I loved the mountain bike show because I learnt that you have to be healthy and strong to do the stunts!

Jakub Year 5



I enjoyed trying cucumber!

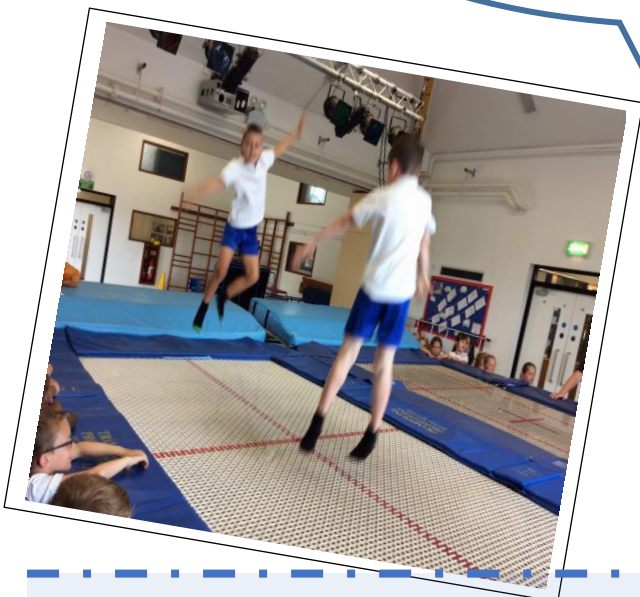
Patsie Year 1





I really like the trampolining! I loved it when I bounced really high and Mr Webb caught me!

Harry Year 1



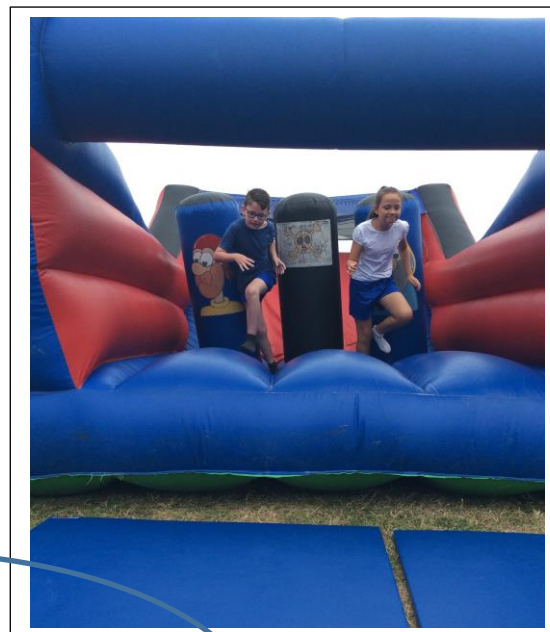
P.E. Kits

It was really noticeable this week that there are lots of children that do not have the right or even any P.E. kit in school. It is an expectation that all children have the following in school all week:

- P.E. shorts
- Black or grey tracksuit (for when the weather is cold)
- Plain white t-shirt
- Plimsolls or trainers
- Socks for girls if they are wearing tights

It was worrying that many children were wearing their school shoes/trainers for P.E. sessions – this is not appropriate for P.E. – not safe and not hygienic. Please can all children have the correct P.E. kit in September.

Thank you for your support with this



I liked the inflatable – especially the slide!
It was a good way to exercise!

Taiyo Year 4



Thank you to everyone that came along to support the school with this really important learning event:

- Rising Stars Sports Coaches
- Extreme Mountain Bike Show
- Caterlink
- Food Detectives from NHS

Everyone had a great time!

