



Wednesday 24<sup>th</sup> June 2015

Dear Parents,

**Health week. July 6<sup>th</sup> – July 10<sup>th</sup> 2015.**

This letter is inform parents about our health week which will be happening later this half term. There will be a mixture of health related activities throughout the week which are all designed to enable our children to be prepared for their future lives and to be as healthy as possible, not only physically but emotionally.

**Science activities:**

All science lessons taught during Health Week will focus on the importance of physical exercise and what makes a healthy body.

- Children in Nursery and Reception investigate balance and find out about different parts of the body.
- Years 1 and 2 investigate how many steps you take to do different activities.
- Years 3 and 4 will investigate how body differences might give advantages in different sports and design a super athlete.
- Years 5 and 6 will investigate the effect exercise has on your body, and what affects recovery.

**PE activities:**

Children in Y1 and Y2 will be attending a multiskills tournament at Burgess Park before Health week (next Wednesday 1<sup>st</sup>). All children will be having skateboarding workshops on Monday 6<sup>th</sup> (skateboards will be supplied and there is no need for children to bring their own in). We will be having our annual sports day on Tuesday 7<sup>th</sup> July (KS1 and Early years in the morning and KS2 in the afternoon). Parents are welcome to attend. In addition we will allow all children (your child will have to be accompanied by an adult if they are in YN – Y4) to bring a scooter or bicycle to school (we will only be cycling/scooting on the playground). YN and YR can bring bikes and scooters on Wednesday 8<sup>th</sup>, Y1, Y2 and Y3 on Thursday 9<sup>th</sup>, and Y4, Y5 and Y6 on Friday 10<sup>th</sup>.

**Sex and Relationship Education (SRE) activities:**

Our SRE policy, as agreed by the Governing body in March 2013, can be found on the policies page of the website (in the "About Us" section).

We use the "Sex and Relationship Education Whiteboard Active Pack" which is part of the BBC Active Whiteboard Active PSHE series. Sample materials can be viewed at

<http://www.pearsonschoolsandcolleges.co.uk/Primary/ArtsandHumanities/PSHE/BBCActiveWhiteboardActivePSHE/BBCActiveWhiteboardActivePSHE.aspx>

- Every year group from Year 2 to Year 6 will be doing SRE
- SRE will be taught as part of an integrated health week
- Y2, 3 and 4 will focus on friendships, family life and feelings and Y5 and 6 focus on the cycle of life and growing up.

If enough parents wish to find out more about any aspects of our health week we will hold a meeting at 8:30 on Thursday 2<sup>nd</sup> July in the ICT suite. If you would like to attend please fill out the slip below and return to the office by Friday 26<sup>th</sup> June at the latest.

**Health week timetable:**

Monday 6 <sup>th</sup>	Tuesday 7 <sup>th</sup>	Wednesday 8 <sup>th</sup>	Thursday 9 <sup>th</sup>	Friday 10 <sup>th</sup> July
Skateboarding workshops for all classes	EYFS/KS1 sports day am 9:30  KS2 sports day pm 2:00  Parents welcome	YN and YR to bring in bicycles or scooters	Y1, Y2 and Y3 to bring in bicycles or scooters	Y4, Y5 and Y6 to bring in bicycles or scooters

***Please note: Science and SRE will be taught throughout the week with class teachers deciding when the sessions happen.***

Yours sincerely,

J. Burt

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I would like to attend a parents meeting to find out more about our health week on Thursday 2<sup>nd</sup> July at 8:30am.

Child's name: \_\_\_\_\_ Year group: \_\_\_\_\_

Parent signature: \_\_\_\_\_