

Thursday 16th June 2017

Dear Parents,

Health week. July 10th – July 14th 2017.

This letter is inform parents about our health week. 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.

Healthy eating activities:

The PTFA will be running fruit tasting and healthy eating workshops on Monday 12th and Tuesday 13th July.

PE activities:

- We will be having our annual sports day on Wednesday 12th July (KS1 and Early years in the morning and KS2 in the afternoon). Parents are welcome to attend.
- KS2classes will be going to the Herne Hill Velodrome on Thursday 13th July to experience cycling on a proper track. Details to be confirmed.
- All children (your child will have to be accompanied by an adult if they are in YN – Y4) will be allowed to bring a scooter or bicycle to school (we will only be cycling/scooting on the playground). A separate timetable will be sent out nearer the time
- All children will be taught yoga throughout the week by Kenny our Y6 TA who is also a qualified yoga teacher.
- The whole school will be doing a massed dance performance related to the whole school CLJ unit on "Decades" on Friday 14th at 2:40. **Parents are welcome to attend.**

Sex and Relationship Education (SRE) activities:

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

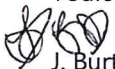
We use the "Sex and Relationship Education Whiteboard Active Pack" which is part of the BBC Active Whiteboard Active PSHE series. Sample materials can be viewed at

<http://www.pearsonschoolsandfecolleges.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 6th July in the ICT suite. If you would like to attend please fill out the slip below and return to the office by Monday 3rd July at the latest.

Yours sincerely



J. Burt

I would like to attend a parents meeting to find out more about our health week on Thursday 6th July at 8:30am.

Child's name: _____

Year group: _____

Parent signature: _____