

Thursday 19th June 2014

Dear Parents,

Health week. July 7th – July 11th 2014.

This letter is inform parents about our health week which will be happening after 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.

Healthy food activities

A professional chef from Chartwells will be coming to the school on Thursday 10th July to give workshops about healthy eating.

PE activities:

Y1 and Y2 will be participating in a Southwark multi skills festival at Southwark Park on the morning of July 4th. We will be having our annual sports day on Wednesday 9th July in the morning and 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 Monday 7th, Y1 and Y2 on Tuesday 8th, Y3 and 4 on Thursday 10th and Y5 and Y6 on Friday 11th.

School nurse visit:

The school nurse, will be visiting all classes to discuss and offer advice to children on health matters relating to personal hygiene and healthy teeth. She will also be available to meet with parents from 3:30 – 4:30 in the ICT suite if they want to find out more about the advice she gives.

Y4 and Y5 Health and well-being programme:

Specialists from the London PE and School sports partnership will be delivering a PE based health programme that is designed to help children learn about the importance of fitness, exercise and a healthy diet. Parents of children in Y4 and Y5 are invited to a workshop on Thursday 10th July 3:30 – 4:30

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
- The content has changed whereby 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 3rd July in the ICT suite (directly before the class open morning). If you would like to attend please fill out the slip below and return to the office by Friday 27th June at the latest.

Health week timetable:

Monday 7 th	Tuesday 8 th	Wednesday 9 th	Thursday 10 th	Friday 12 th July
YN and YR to bring in bicycles or scooters	Y1 and Y2 to bring in bicycles or scooters	Sports day. KS2 9:30 – 10:30 and EYFS/KS1 2:00 – 3:00. Parents welcome	Chartwells healthy food workshops	Y5 and Y6 to bring in bicycles or scooters
Y4 health and well-being programme	School nurse workshops (Including parent drop in 3:30 – 4:00pm)		Y3 and Y4 to bring in bicycles or scooters	Y5 health and well-being programme
			Y4 and Y5 health and well-being programme	
			Y4 and Y5 health and well-being parent workshop 3:30 – 4:30)	

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

Yours sincerely,

J. Burt

I would like to attend a parents meeting to find out more about our health week on Thursday 3rd July at 8:30am.

Child's name: _____

Year group: _____

Parent signature: _____