

Monday 2nd July 2018

Dear Parents,

Health week. July 9th – July 13th 2018.

This letter is to inform parents about our health week. As well as assemblies that focus on physical and emotional health, there will be a mixture of 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. We also had an additional assembly today from an organisation called "Alive and Kicking" who taught the children all about sugar content in drinks and how to make sensible food choices.

Science activities:

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

Personal hygiene:

All children in Y5 and Y6 will have a session about personal hygiene and puberty delivered by our school nurse. The sessions will be taught in single sex groups using materials from the charity, Child Line.

PE activities:

- We will be having our annual sports day on Wednesday 11th July at GMH park. Parents are welcome to attend. Please see the separate letter that was sent out last Friday with further details.
- All children will be taught breathing and stretching exercises throughout the week by Kenny our Y6 TA who is also a qualified yoga teacher.

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). **It includes an appendix which details all aspects of the compulsory science curriculum that are covered and which cannot be opted out of.**

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
- The content is as follows (this is also laid out in more detail in our policy):
 - Y2: friendships
 - Y3: family life
 - Y4: feelings and keeping safe (including online safety)
 - Y5: the cycle of life (this ties in with the Y5 summer science topic of "animals including humans and includes sexual reproduction)
 - Y6: growing up. (includes puberty)

Parents have the right to opt out of any Personal, Social and Health (PSHE) activities (i.e. any work the children do on emotional development). However these activities will fall within the work we do to promote children's social, moral, spiritual and cultural (SMSC) development. All parents have signed an agreement saying they support the school's legal duty to promote SMSC.

Please remember that all teachers treat the teaching of SRE with utmost sensitivity. No-one's personal values or faiths are compromised and we do not promote any particular lifestyles or ways of living. What we do promote are:

- British values (including tolerance and respect);
- SMSC development;
- Children's right to be enabled to make sensible choices and deal with the inevitable physical and emotional changes that they all go through.

Should you need any further clarification about any aspect of health week, please contact your child's class teacher.

Yours sincerely

A handwritten signature in black ink, appearing to be 'J. Burtt', written in a cursive style.

J. Burtt



PRIMARY (FOUNDATION) SCHOOL

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Deputy Headteacher: Jo Wratten

29th June 2018

Dear Parent / Carer,

We would like to invite you to join us for a whole school Sports Day which will be held on the morning of Wednesday 11th July at Geraldine Mary Harmsworth Park (GMHP) sports area at the side of the Imperial War Museum, weather permitting.

Activities will begin at 10.15am and each class will take part in 8 different events on a rotation basis. The sports day should finish at approximately 12pm - (and take part in a parent v staff tug of war competition if there is time at the end!)

All children will need a packed lunch, please remember no flavoured/fizzy drinks, nuts or chocolate. If your child requires a school packed lunch, please indicate on the reply slip below and return to school no later than 9.30am Monday 2nd July 2018. You are also welcome to bring a picnic lunch and join your child/ren on the adjoining grass.

Additionally, after lunch, we will be doing a sponsored 'run/walk a mile' for Cancer Research UK - please refer to attached form for information.

We aim to finish the day's events by 1.30pm.

On the day all children are to come to school in correct PE kit; trainers or plimsolls, plain shorts and a white t-shirt (preferably Be fir Be fun Be Friars). It would also be advisable to wear their school hats and plenty of sun cream as well as bringing a full water bottle if the hot weather continues (there are water fountains at the courts for refills)

*Please indicate below whether you can assist taking the class to/from the school to/from GMHP or require packed lunch.

Yours sincerely

Ms McKenzie
PE Coordinator

Sports Day

Dear Miss Mc Kenzie

I give permission for my child _____ Year _____ to attend sports day.

My child will require a school packed lunch []

I will be available to assist the class in walking to and from the park. []

Signed _____

