



Webber Street London SE1 0RF Telephone: 020 7207 1807
email: office@friars.southwark.sch.uk
www.friarsprimaryschool.com
Headteacher: Justin Burt
Deputy Headteacher: Jo Wratten

Thursday 4th July 2019

Dear Parents,

Health week. July 8th – July 12th 2019.

This letter is 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.

Science activities:

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

Healthy Living workshops:

All children in Years 1-4 on Monday 8th July will be having a session about healthy diets, exercise and lifestyles delivered by a member of the Southwark PE and School Sports Network (PESSN)

Smoothie bike:

ISS, our caterers, will be bringing their smoothie bike into school on Tuesday 9th. At the same time as getting some very healthy exercise, this contraption will generate enough energy to make healthy smoothies!

Olympic Athlete visit:

Peter Bakare, a member of the GB volleyball team, will be leading a sponsored fitness circuit will all pupils and will follow up with a Q&A assembly on Tuesday 9th July.

PE activities:

- We will be having our annual sports day on Wednesday 10th July at GMH park. Parents are welcome to attend. Please see the separate letter that was sent out yesterday 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.
- Extra swimming: YR (Tuesday 9th at Fusion leisure centre) and Y4 (Wednesday afternoon after sports day at Brockwell lido) will be having an extra swimming session each.



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



J. Burtt