

## Health and Fitness Week Report.

### Ewan Hamnett,

A local doctor and health and fitness champion, kicked off our week with a very informative talk about how health and fitness benefits us and the planet we live in. **As a school, we are now planning to introduce 'meat free Mondays' as our small but important step to protecting our planet for future generations.** Ewan also invited all the children to Cannon Hill Park at 8.45 every Sunday morning for an organised park run. It would be wonderful to see lots of St Mary's children there!



### Tennis

Simon Lancaster from 'Edgbaston Priory Tennis Club' came in to work with our Y1,2 and 3 and 4 children. In this taster session, the children learnt tennis skills and were very active. **We continue to maintain this excellent link with Edgbaston Priory Tennis Club through Simon.**



### Volleyball

Tamara Teippo from 'Volleykids' came in to school to work with Y5 and 6. This was a brand new experience for some children. This taster session aimed to give the children a chance to get involved in a sport that has quite a low profile in this country. The feedback from the children was that they really enjoyed it and many **showed interest in doing this as an extra-curricular activity. We are once again in talks with Tamara about offering this as a club for children in the Summer Term.**



### E-safety

As Tuesday was Safer Internet Day, we also had a focus on mental health, of which social networking online plays a large role. To this end, all children in KS1 and KS2 had a talk about how to stay safe when using the internet, and who to talk to if they ever saw anything that was inappropriate or upsetting. On Tuesday, we ran two parent workshops for parents to come and discuss what children can access online and how we, as parents and teachers, can protect them. Through the week, various

classes completed work about staying safe online and, during circle time activities, talked about how to behave when online.

### Joe Wicks fitness class

On Tuesday, every child in school took part in a 25-minute fitness class. The focus here was the new government guidelines of 1 hour a day of physical activity for children. The effort that was put in to this by the children was amazing. I think there was a few sore legs on Wednesday but a really worthwhile experience. **Many children have fed back that they have got their parents doing this online fitness class at home**



### Gymnastics

On Thursday and Friday, Beth from 'Invert gymnastics' worked with Reception, Year 1 and Year 2. The feedback from the children was amazing. One child said, "I loved it. It was fun and I learnt lots about gymnastics". The children learnt balance and coordination skills, using equipment to explore how their bodies work. **It would be great if this experience kick-started an interest in gymnastics and some children took this up as a hobby outside of school. What a great way to stay, fit, healthy and meet new people.**



### Healthy Lunch Box Talk

The focus for Wednesday morning was diet and nutrition. Mr Davis spoke to the children about the importance of a healthy, balanced diet as well as healthy choices for their lunch box. **Thank you to those parents who attended the session with their children. When children and parents hear the same message, it creates a really strong platform for change**

### Yoga

On Thursday afternoon, we also opened our door to Melissa from 'Club Morgan Yoga'. This was a new and exciting experience for many of our Year 5 children who seemed to really enjoy it. Many professional footballers, namely Ryan Giggs, put the longevity of their career down to regular yoga



sessions. A really good way to stay fit and healthy, both body and mind. **Club Morgan promotes their programme as targeting all areas of health and well-being for children.**

**Melissa reports, "My personal yoga practice has benefited me in so many ways and has enabled me to deal with difficult situations and become a stronger, calmer and happier person." I am now in talks with Melissa about running an after-school club for children in Key Stage 1.**

### Queen Alexandra College for the Blind

Thursday was an incredibly busy day with lots going on. Teachers and students from QAC came in to work with one Year 6 class. They have the children the opportunity to experience sport from a blind person's point of view. The children took part in archery and football. A Y6 pupil described her experience as, "Inspiring because it helps us to understand how blind people are still involved in sport that they love." Another Y6 pupil "It made me think and be aware of blind people experience the world them. I think it's amazing that blind people are able to play competitive sport." **awareness raising among our older children, in particular, has been**



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**excellent.**

### Nick Whiteside

Friday afternoon saw the arrival of Nick Whiteside. Nick came in to speak to the Year 6 children about taking part in Marathon De Sables (an ultra-marathon). He spoke about the commitment to physical exercise and the amazing experience. He also spoke about the physical requirements of his job-role in the police force. **The children had many questions** and were clearly inspired by Nick's talk.



### Gallery of Children's work

The week ended with a all the fantastic learning that part in throughout the week. work through to Science, the learning was evident. What a



showcase of  
children took  
From art  
effort and  
visual

extravaganza to end such a brilliant week. Once again, thank you to the many parents who were able to come and view the work. **It was very overwhelming to see so many children and parents showing such appreciation and interest. We await news of any life changing decisions as a result of the week's activities.**

Reported by Mr Davis