



Summer 2019

'Healthy Bodies, Healthy Minds' Newsletter

Dear Parents/Carers,

We have come to the end of another year of sport as well as the conclusion of this year's 'Healthy Bodies, Healthy Minds' initiative. The reason why we set up the initiative was to raise the profile of healthy lifestyles and to promote inclusion for all children within PE and sport. Writing this newsletter and reflecting on this year, I am amazed at how hard all of our children and staff have worked to make this initiative such a fantastic success. After receiving such positive feedback from pupils, staff and parents throughout this year, we will ensure to continue this inclusive approach to sport next year.

During Sports Day this year, it was amazing to see so many children with happy, smiling faces throughout the events. The children behaved and participated outstandingly and I was so proud to see them all fully taking part. I welcome any feedback you have as it would be great to improve on the events even further next year. Thank you so much for your continued support. - Mr Smith

Extra-Curricular Provision

This year, we have introduced more extra-curricular sport provision than ever before and I have felt so proud to see so many of our pupils actively engaged with many different sports. With clubs running for a whole term, our children have been given more opportunities in each club to develop their skills. Next year, I will be endeavouring to introduce further new clubs for sports not currently provided by our school.



Sports Ambassadors and Leaders

The 'Healthy Bodies, Healthy Minds' initiative was created for the benefit of the children and it has been important to have a leading group of children at the forefront of sporting activities. Our Year 6 Sports Ambassador team have been a credit to our school as they have consistently promoted sport, health and physical activity throughout the year through the sports ambassador challenge. The challenges vary across weeks and have included personal challenge and competitive aspects in phases. Additionally, this year, children have become responsible for creating extra-curricular clubs including cross-country, dance and circuit training. All of our leaders have done a fantastic job and I am very proud of them.

During the Summer term, a new Sports Ambassador team of Year 5 children was appointed. I'm very proud of the responsible attitude they have shown to their new role; they led our KS1 Sports Day outstandingly – well done!

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'Healthy Bodies, Healthy Minds' Festival

As a celebration of our initiative in March, we took part in various activities focusing on health, wellbeing and sport. To see a full recount of the day's events, check out this year's 'Festival Edition' of the 'Healthy Bodies, Healthy Minds' Newsletter on the school website.



Bike-It, Scoot-It, Walk-It Breakfasts

Part of the initiative involved hosting breakfast events which promoted a healthy start to the day. After two highly successful and well-attended events, we will be continuing to organise these events for September so look out for more information in the near future.



Intra-School and Inter-School Competitions

Throughout our PE lessons this year, we have been promoting the competitive aspects of sport with all children taking part in competitions within their class and year groups. We have also attended various competitions against other schools in a wide variety of sports. Well done to our children for their high levels of skill, resilience and sportsmanship throughout all sporting activities.

MAT Sports Festival

Following last year's successful event, we have once again competed with our fellow Oak Trees Multi-Academy Trust Schools in the MAT Sports Festival at Great Meols Primary School. The stakes were high after winning last year's competition but we went with a positive mind-set and self-belief. The 'Healthy Bodies, Healthy Minds' mind-set is that if we **'do our best'**, then that **'is the best'** and no one can ask for any more than that.

Our Year 3 and 4 pupils took part in a variety of athletics events: running, throwing and jumping. They showed great sportsmanship, teamwork and resilience. Our children represented our school outstandingly and I was so proud of them all. At the end of the competition, we were announced as the winners for the second year running. What an incredible display from #TeamPoulton!



Relevant Rights (RRS): [Article 17](#) – access to reliable information, [Article 24](#) – best possible health, [Article 29](#) – develop talents and abilities, [Article 31](#) – play and leisure

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