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Monday 7th January 2019

Dear Parents,

Welcome back and Happy New Year!

This week in school we are holding a Healthy Living Week. Our three main focuses are: Healthy Body (nutrition, diet, exercise), Healthy Mind (mental health & well-being, social and personal) and Healthy Me (safety, hygiene etc.) Teachers have planned their own lessons which are age appropriate and feel would be of interest and benefit to their class.

Throughout this week we are also calling on other experts to engage the children in this. Most children will be having a yoga/mindfulness session with Tamsin (this includes staff!) All children will take part in an exercise session with Linda Goode. Finally, we have a team of Health Specialists from the NHS who are going to run some sessions relating to healthy eating, sleep, gadget use and screen time (depending on their age).

Miss Hoare will also be starting her New Year Resolution Club. Join her on the school playground on Thursday and Friday morning from 8.40 for an extra bit of exercise.

Your child will require their PE kits multiple times this week so please ensure they have it with them.

We look forward to the range of exciting learning activities about how we can lead a healthy and happy life.

Yours sincerely,

Mrs Kerry Bedford
Year Six Class Teacher & PSHE Subject Leader