



Dear Parents/Guardians,

We are writing with news of some exciting events that your child will participate in at the end of this term. This year it will be a **Healthy Habits week**, focusing on healthy mind, body and foods. This will take place on the week commencing **Monday 20th May**, ending with an opportunity for the children to cook with their peers and participate in a bring and share picnic on the Friday.

All children are to come in appropriate sports kits including trainers all week. No jewellery.

Healthy Habits - Daily agenda

Monday 20th May - Introduction to the week. Children will plan the bring and share lunch today. They will receive a specific food group and a plate to bring back in on Friday. It is important that you stick to the food group as this will have been discussed in class as part of a healthy balanced diet. *Please let your child's class teacher know if there is a food allergy/intolerance which is not already known by the school.*

Tuesday 21st May - Children will be preparing for Sports Day and taking part in a skipping workshop to develop fitness and hand eye coordination.

Wednesday 22nd May - SPORTS DAY. Children will wear their colour t-shirt assigned by class teacher and appropriate foot wear. Parents are encouraged to follow their child around the course and encourage them to do their best and use their staying power. You are also invited to share a picnic lunch with your child on the field at the end of sports day. If you can not attend your child will have a school picnic lunch with staff.

More information to follow regarding sports day.

Thursday 23rd May - Children will get the opportunity to play a sport not currently offered in the PE curriculum and we will be creating a calm space in the woodland area near Year 1 to support mindfulness.

Friday 24th May - Children will end the week with a calming Yoga session and an opportunity to make healthy pizzas and visit the school kitchen ready for our bring and share lunch. Please remember to bring your plate back of the chosen food group from the start of the week!

Please talk to your child's class teacher if you have any further questions.

Thank you for your continued support.

Mrs Hellings and Mr Guy