



Be the best you can be

Christleton Primary School

Quarry Lane
Christleton
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Friday 13th May 2022

Dear Parents and Carers

During the last week of this term, Monday 23rd – Thursday 26th May, we will be holding our Health Week. The focus of this week is good physical **and** mental health. Alongside various activities and events, which are highlighted in the table attached, the teachers will be delivering a curriculum focussing on this subject matter.

During the week we would very much like to welcome parents back into school to support at the sports days on Wednesday and the team sports event on Thursday afternoon.

Hydration



As the children will be doing a significant amount of exercise during the week, is it vitally important that they bring a water bottle to school.

Sun Cream



Whilst we will be mindful of providing the children with shade during events such as the sports days and team sports day, they will be competing in the open. Please can we ask that consideration is given to the weather conditions. If a warm and sunny day is forecast, then the children will need to have sun cream applied prior to school.

PE kit / house t-shirts and Uniform

It would be preferable for the children to have their PE kit in school for the week as they will be taking part in a range of activities.

On Monday morning we have class photographs so request that children come to school in their full school uniform. They will then be able to change into their PE kits for the Race 4 Life event later in the day.

For the sports day and team sports day we would like the children to wear a t-shirt in the colour of their team. Your child will be aware of which team they are in, but if they are unsure please do contact your child's class teacher.

The team colours are as follows:



**Falcons
Blue**



**Eagles
Green**



**Hawks
Red**



**Owls
White**

Events

Race 4 Life



We will be holding our Race 4 Life event on Monday afternoon. A route around the whole school site will be set out for the children to run / walk around with all donations paid directly to Cancer Research UK.

Should you wish to make a donation, please use the link below. **Please do not send any money into school.**

<https://fundraise.cancerresearchuk.org/page/christleton-primary-school-2>

Sports Days

The Ks1 and Ks2 sports days provide an opportunity for individuals to shine whilst competing for their team. In their house teams, children choose which events they wish to take part in. They then compete against other children from their class in the different house teams. Stickers will be awarded to the first three finishers with a separate sticker being provided to all the children who took part.

The Key stage 2 event is planned to take place on Wednesday 25th May @09:30

The Key stage 1 event is planned to take place on Wednesday 25th May @13:30

Parents are very welcome to attend these events to cheer the children on.

House team Sports

The children are put into small teams of up to 12 children. These children will all be from the same house team but each team will be made up of children from each year group. The teams move around different stations on the field completing the activities set up for them. A score is kept throughout the afternoon and collated at the end. The house team with the most points is declared the winner.

This event follows our special jubilee lunch so will start with the children singing God Save the Queen. Any parents attending are very welcome to join in!

The event is planned to take place on Thursday 26th May @13:00

Parents are very welcome to attend this event and can move around the field to support their child/ren.

Other Activities















During the week the teachers will deliver many other activities focussed on physical and mental health. In addition to these, we have planned for the junior children to have Wheels Extreme, where they will get the opportunity to explore skateboards, scooters, rollerblades and bikes. We have also planned for the key stage 1 children to have some mindfulness yoga sessions.

We are sure that the week will prove to be very enjoyable for all the children and a fitting end to the half term. A big thank you to Mrs Williams for organising the week.

Regards,

Mr Mitchell

Health Week Overview 2022

Monday 23rd May	Class photographs 	Race for Life 	<p>School uniform should be worn for class photographs. A PE kit, with suitable footwear, should be available for the afternoon. A water bottle should be sent into school.</p> 	
Tuesday 24th May	Wheels Extreme Years 3-6 The junior children will explore skateboards, scooters, rollerblades and bikes. 		<p>All children are allowed to wear their PE kit to school. A water bottle should be sent into school.</p> 	
Wednesday 25th May	KS2 (Years 3-6) Competitive Sports Day 	KS1 (EYFS, Yr.1 and Yr.2) Competitive Sports Day 	<p>Children should wear their PE kit with a coloured t-shirt matching their house team. (Please don't feel the need to purchase t-shirts if you do not have one. We have some coloured bands in school which can be used)</p>  	<p>Parents are very welcome to come and support the children.</p> 
Thursday 26th May	KS1 Yoga Sessions 	House Teams Sports 	<p>Children should wear their PE kit with a coloured t-shirt matching their house team. (Please don't feel the need to purchase t-shirts if you do not have one. We have some coloured bands in school which can be used)</p>  	<p>Parents are very welcome to come and support the children during the house teams sport.</p> 