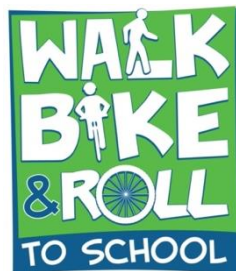




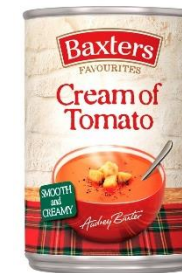
We are excited to launch our 'Healthy Lifestyle Week' beginning the first week back after Christmas (9th– 12th January). The aim of this week is to ensure that our pupils are aware of the importance of physical and mental health.

Throughout the week, the children will take part in lots of activities geared towards building their understanding of what a healthy lifestyle entails, through the **PSHE**, **PE** and **DT** curriculum.

Outside of school, we are asking the children to consider alternative travel. For instance, how they can get to school without driving. We understand that for some people driving to school is the only option, so perhaps consider if there may be times that week where you could walk, cycle, scooter or run to somewhere you and your child would normally drive to!



In DT, we will be looking at how small changes to meals can make a big difference. Over the festive period, if you could collect any labels from tinned soups and jars of pasta sauce, we would be most grateful!

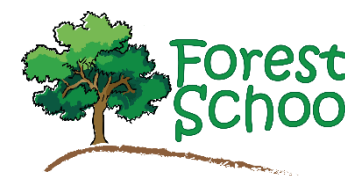


Years 3, 4, 5 and 6 are each going to have a forest school session. See the attached timetable to find out when your child's class is going:

	Tuesday 9 th Jan	Wednesday 10 th Jan	Thursday 11 th Jan
12.45-1.30	Dahl	Potter	Morpurgo
1.30-2.15	Carroll	Rosen	Lewis
2.15-3.00	Blackman	Rowling	Blyton

On your child's forest school day, they must come in wearing forest school appropriate clothing in order to take part. As a reminder this consists of:

- A long sleeve top
- Long leg trousers
- Waterproof shoes (these can be brought to school as an extra, along with their normal shoes)
- A waterproof coat



Year 1 and 2 will have their forest school sessions as normal the following week!