



## Iron Acton CEVC Primary School: Health Week 2021

22<sup>nd</sup> – 25<sup>th</sup> June

We have a wide variety of activities planned for this year's health week which aims to promote positive physical and mental health. The plan below shows you what to expect; further activities which may be added to an already busy schedule! PE lessons will continue as normal through the week.

### You can:

1. Get involved in **walk to school** each day
2. Get involved in our **family daily mile** – more information below
3. Try some new **healthy packed lunch** ideas using the information below
4. Ask your child **what they have learnt** each day

**Clothing** – please send your child into school wearing their school PE kit every day.

**Water** – please ensure your child has a water bottle in school every day.

**Sun protection** – children will need a hat in school and they will need sun cream applied at the start of the day. Staff are unable to help children re-apply sun-cream during the day.

**Healthy packed lunches** – use health week to make some healthy swaps or to encourage your child to try a healthy school lunch. Take a look at the Change4Life website for some ideas: <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes#lunchbox-recipes>

*Please note: sports day will take place on Friday 2<sup>nd</sup> July. More information will be provided following the Government announcement on 14<sup>th</sup> June.*

Monday	<b>INSET day</b> – school will be closed to all children
Tuesday	<b>Walk / cycle / scoot to school (ALL)</b> – if you live too far away to walk please park in the Parish Hall or The White Hart Pub and take a 10 minute walk to school. <b>Family daily mile (BARN OWLS)</b> – parents from Barn Owls class are invited to join in with our daily mile this morning which includes 6 laps of the field. This will take place at morning drop off. No running experience required! <b>Yoga (ALL)</b> – all children will have the opportunity to take part in a class yoga session with a visiting teacher.

	<p><b>Smoothie making (FALCONS)</b> – Miss Holmes will spend time making smoothies with Falcons class to encourage them to try different types of fruit.</p> <p><b>Mindfulness minis (ALL)</b> – teachers will guide their classes through mindfulness sessions to help them develop strategies to support positive mental health. See <a href="https://mindful-minis.com/">https://mindful-minis.com/</a> for more information.</p>
Wednesday	<p><b>Walk / cycle / scoot to school (ALL)</b> – if you live too far away to walk please park in the Parish Hall or The White Hart Pub and take a 10 minute walk to school.</p> <p><b>Family daily mile (FALCONS)</b> – parents from Falcons class are invited to join in with our daily mile this morning which includes 6 laps of the field. This will take place at morning drop off. No running experience required!</p> <p><b>Dance workshops (ALL)</b> – all children will have the opportunity to take part in class dance workshops with a visiting teacher.</p> <p><b>Smoothie making (BARN OWLS)</b> – Miss Holmes will spend time making smoothies with Falcons class to encourage them to try different types of fruit.</p> <p><b>Fruit tasting (ALL)</b> – Friends will supply a range of exotic fruits for children to cut up and taste in their classrooms</p>
Thursday	<p><b>Walk / cycle / scoot to school (ALL)</b> – if you live too far away to walk please park in the Parish Hall or The White Hart Pub and take a 10 minute walk to school.</p> <p><b>Family daily mile (BUZZARDS)</b> – parents from Buzzards class are invited to join in with our daily mile this morning which includes 6 laps of the field. This will take place at morning drop off. No running experience required!</p> <p><b>Fit Fence (ALL)</b> – all children will have the opportunity to take part in class fencing sessions with a visiting teacher.</p> <p><b>Travelling Kitchen (ALL)</b> – all children will work alongside Travelling Kitchen to make some healthy food. See <a href="http://www.travellingkitchen.org/">http://www.travellingkitchen.org/</a> for more information.</p> <p><b>Smoothie making (BUZZARDS)</b> – Miss Holmes will spend time making smoothies with Buzzards class to encourage them to try different types of fruit.</p>
Friday	<p><b>Walk / cycle / scoot to school (ALL)</b> – if you live too far away to walk please park in the Parish Hall or The White Hart Pub and take a 10 minute walk to school.</p> <p><b>Family daily mile (GOLDEN EAGLES)</b> – parents from Golden Eagles class are invited to join in with our daily mile this morning which includes 6 laps of the field. This will take place at morning drop off. No running experience required!</p>

**Sports sessions** (BARN OWLS) – Mr Brown’s sports leaders from Golden Eagles Class will run games for Barn Owls Class.

**Smoothie making** (GOLDEN EAGLES) – Miss Holmes will spend time making smoothies with Golden Eagles class to encourage them to try different types of fruit.

**Tennis** (GOLDEN EAGLES and BUZZARDS) – Ann Mora will be running a tennis session for KS2 at the tennis courts in Iron Acton.