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Headteacher: Mrs Helen Hepworth

4-2-19

Dear Parents,

Healthy Super Movers

Since April 2018 we have been part of a government funded county wide project for early years education. This has provided us with opportunities to attend really high quality training in early talk, family work, physical development and healthy lifestyles. Mrs Wylie, Miss Holmes and I have been involved in this training.

I am delivering the Healthy Super Movers with Miss Holmes. Part of this programme involves providing children with a PJ Masks themed backpack which they can bring home with ideas for activities you can do together.

Healthy movers aims to get children ready for life as they develop, grow and learn. The resource does not simply support their educational and cognitive development, but actively includes their social and emotional development. It supports a broader preparation for future life. The resource contributes to the development of the whole child. School and home can work together to use healthy movers so we can help our children to be healthy, happy, social, physical and creative thinkers. Physical play provides positive opportunities for enabling, engaging and enriching all of these key abilities.

Inside the bag you will find a soft touch medium-sized ball and a bean bag. There are also some PJ Masks stickers and two information sheets with suggestions of activities you can enjoy doing at home together. We will send new activity cards home each week. The bag can stay at home. You don't need to bring it back to school. Just store all your child's resources and cards in it.

The scheme only provided bags for children in Year Reception so we have supplied bags for the Year 1s. They are so very excited to have their bags. We have been doing Super Healthy Movers activities for 15 minutes most days since we came back in January and will continue to do so.

We hope you will enjoy and make the most of using the bags at home.

Yours sincerely,
Helen Hepworth



