



# Arnside National Primary School

*'Aspire – Believe – Achieve'*

Headteacher: Mr Nick Sharp BA Hons (QTS)

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Thursday 8<sup>th</sup> February 2018

## **HEALTH WEEK – Monday 19<sup>th</sup> – Friday 23<sup>rd</sup> February 2018**

Dear Parents / Carers

We have a whole range of activities taking place this term and the diary is brimming with interesting and exciting experiences. In the week after half term, we have a variety of Personal and Social themed lessons as part of 'Health Week'. These include:

### **HEALTH, SEX & RELATIONSHIP EDUCATION**

This year, we are again using the updated version DVD of 'Living and Growing' and follow up materials to learn about health, sex and relationship education. These look at the way our body develops and explain changes in an age appropriate way. Please contact your child's class teacher if you have any questions regarding the sex and relationship sessions.

### **AEROBICS / CIRCUIT TRAINING**

On Monday 19<sup>th</sup> February, Steve Hoare, PE specialist, will be delivering aerobic / circuit training sessions for all the pupils in school.

### **HEALTHY FOOD CHOICES**

On Tuesday 20<sup>th</sup> February, we have arranged for Donna Moore, Public Health nurse, to deliver a series of session for children and parents on making healthy food choices. Parents are invited to join us:

- 1.00 - 1.45pm KS1 Parents + Pupils (Nursery, Reception, Year 1 & 2)
- 2.00 – 2.45pm KS2 Parents + Pupils (Year 3, 4, 5 & 6)
- *There will also be an additional 'drop in' session for parents from 3.15 – 3.45pm to ask any questions reading healthy food choices.*

### **THE LIFE BUS**

On Wednesday 21<sup>st</sup> and Thursday 22<sup>nd</sup> February, the Life Education Bus will be at school to support our work in personal, social and health education. *There is an open information session for parents and carers taking place in the Life Bus on Thursday 22<sup>nd</sup> February between 8.50 and 9.10am.*

### **HEART START**

On Wednesday 21<sup>st</sup> February, Mrs Brough and Ms Sweetman will teach the children basic first aid following a scheme produced by the British Heart Foundation. These first aid skills are built upon each year and range from an emergency phone call in Year 1 to cardio pulmonary resuscitation in Year 6. Thank you to Ms Sweetman for her help, advice and support during the sessions.



Arnside National School, as an academy, is a charitable company limited by guarantee in England and Wales with company number 07840925



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## YOGA

On Friday 23<sup>rd</sup> February, all pupils in school will have the opportunity to have a taster yoga session with Heidi Birr, Yoga teacher. *There is also an opportunity for parents to accompany their child in a joint session from 2.30 – 3.15pm.*

It will be a great week to celebrate 'good health' and we look forward to enjoying a range of activities. *Please feel free to join us for the Parent + Pupil sessions.*

Thank you for your support.

Mr Sharp

Headteacher



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