



Arnside National Primary School

'Aspire – Believe – Achieve'

Headteacher: Mr Nick Sharp BA Hons (QTS)

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24th June 2024

RE: Wellbeing Week Mon 3rd June

Dear parent / carer,

After a successful Health Week in the Autumn term, we have organised a Wellbeing Week from Monday 3rd June to compliment the work and build on previous learning. The focus of the week will be:

Relationships, Sex Education and Health (RSE)

This year, we are again using the updated version DVD of 'Living and Growing' and follow up materials to learn about health, relationships, including sex education. These look at the way our bodies develop and explain changes in an age appropriate way. Please contact your child's class teacher if you have any questions regarding the sex and relationships sessions. We are aware future guidance will potentially be changing but we have been advised to follow the current guidance in the meantime.

Heartstart

During the week, Mrs Brough will be teaching 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.

Aerobics / Circuit training

Steve Hoare, PE specialist, will be delivering aerobic / circuit training sessions for all the pupils in school – it's time to raise the pulse rate!

Healthy eating

Throughout the week, pupils will be learning about healthy eating and the importance of a balanced diet. The sugar swap challenge is always an eye opener and it's a good reminder to think carefully about how we can all make small changes to improve our health and wellbeing.

Mental Health

Pupils will have the opportunity to reflect on what 'good mental health' looks and feels like, including techniques to help identify and understand emotions.

Online safety

We are pleased to welcome the Coram Life Education team into school to deliver online safety sessions to the Butterfly, Swift and Osprey classes.

Yours sincerely,

Mr Sharp

