



WE ARE PARTICIPATING IN WALK TO SCHOOL WEEK 16th – 20th MAY

Being active and getting some exercise in the morning before arriving at school will help set our children up for a positive day; improving focus and concentration, and instilling a sense of physical and mental wellbeing. Walk to School Week is also designed to extend beyond the week itself, by encouraging healthy habits for life with a focus on exercise, diet and wellbeing.

There are many health benefits to walking:

- Exercise helps develop strong bones and increase muscle strength. It also tones the whole body.
- Walking gets the heart pumping, which can help improve cognitive function for lessons throughout the school day.
- Walking helps to improve mood. Getting outdoors and making the most of natural daylight makes for a positive start to the day.
- When walking to school, children can relax and let off steam before they head into the classroom to learn.



STARS OF THE WEEK!

Nursery – Kai Wong, Daisy Youdale and Ruairi Cannon

Reception – Leo McIntyre

Year 1 - Willow Musson

Year 2 – Macie Gant

Year 3 – Travis Leonard

Year 4 – Mya Walker

Year 5 – Maxwell Madden

Year 6 – THE WHOLE CLASS!

WELL DONE EVERYONE!

CLASS ATTENDANCES FOR THIS WEEK!

Reception: 86.32%

Year 1: 94.48%

Year 2: 98.95% **2nd Place**

Year 3: 94.07%

Year 4: 92.50%

Year 5: 99.41% **1st Place**

Year 6: 98.62% **3rd Place**

WELL DONE TO 1ST, 2ND AND 3RD PLACE!

Quote of The Week

"An early-morning walk is a blessing for the whole day."

-Henry David Thoreau.

WELL DONE TO OUR AMAZING YEAR 6 CLASS FOR COMPLETING THEIR SATS THIS WEEK.

We are beyond proud.

Ordering Uniform

Deadline for uniform orders with free delivery to school for September 2022 is **FRIDAY 24TH JUNE**. Please order uniform directly from One Identity.

Please follow the link below:

<https://www.oneidentity.co.uk//st-bridgets-egremont/>

P.E. Days

Monday: Year 1 & Year 3

Tuesday: Year 2 & Year 6

Wednesday: Reception & Year 3

Swimming on Wednesdays: Year 4 & Year 5

Cricket on Fridays: Year 2, 3, 4, 5 and 6