



Dear Parents/Carers,

Health Week February 10th-14th 2025.

Health Week is approaching, and we are going to be very busy! As Children's Mental Health Week is running the week before, we have incorporated some of these activities into our timetable too. We have lots of exciting events going on during the week including:

- **Coram Life Education** will be at school providing stimulating and exciting activities based on Health and Wellbeing to all classes.
- **Wigan Athletic** will be in to teach CPR to our key stage two children.
- **Lancashire Fire and Rescue Service** will deliver a road safety workshop and a fire safety workshop.
- **The charity Dental Aid** will be doing a session with every class, and they will all receive a free toothbrush.
- Throughout the week, children will learn about healthy eating and how to look after their bodies. They will also spend some time focusing on their mental health through mindfulness and meditation.
- Finally, on Friday we will finish off with a **fitness session** with a specialist teacher and each class will complete a **Sponsored Danceathon** to raise money for future Health weeks!

Please could all the children come to school dressed in their **PE Kit every day** for Health Week. Could we please ask for a voluntary contribution of **£5** per family via ParentPay to help cover the cost of the activities.

Thank you,

Mrs Dyson

PSHEE Subject Lead

