

Health Week February 9th-13th 2026

Dear Parents,

Health Week is approaching, and we are going to be very busy! We have lots of exciting events going on during the week including:

- On Monday **Coram Life Education** will be at school providing stimulating and exciting activities based on Health and Wellbeing to all classes.
- Tuesday is **Safer Internet day** so our Digital Leaders will be leading a Safer Internet assembly, followed by work in class.
- As it is **Children's Mental Health Week** we will be celebrating 'Well-being Wednesday', where the children will take part in a wide range of well-being activities throughout the day.
- Thursday Year 4, 5 and 6 will have RSE sessions with **Coram Life Education**.
- On Friday we will finish off the week with **Forest School**.
- Throughout the week, children will learn about healthy eating and how to look after their bodies. They will also take part in a range of different physical activities and some will also have visitors to teach about road and fire safety.

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,

Miss Gleeson

Headteacher