



Autumn 2018

## 'Healthy Bodies, Healthy Minds' Newsletter

**Dear Parents/Carers,**

*I hope you and your children have enjoyed the first week back at school in what promises to be a very exciting year. This year, we are introducing a new initiative, which is called 'Healthy Bodies, Healthy Minds'. The initiative intends to promote healthy lifestyles through physical activity as well as developing positive mental attitudes and wellbeing. This newsletter will give you a brief snapshot of some of the exciting, upcoming events related to the initiative. I hope you enjoy our first 'Bike It, Scoot It, Walk It Breakfast', our first event to support the initiative. Another breakfast has been planned for the Spring Term and notifications will follow.*

**Mr Smith**

### **Primary School Games Mark**

After lots of hard work and dedication from many children and staff, we were delighted to receive the Bronze award for 2017-2018. We are looking forward to working hard to try and achieve Silver for this academic year.



### **Sports Ambassadors**

As part of the initiative, this year I am introducing a new role for a team of Year 6 pupils. After a few weeks of training, the Sports Ambassadors will lead quick exercise activities during break times and lunch times. Results of the challenges will be recorded daily so children will be able to track their development through personal competition.

### **Extra-Curricular Clubs**

Please check your emails for a full list of extra-curricular clubs for Autumn 1. A list for Autumn 2 will follow later in the half term.

### **Cross-Country**

The cross-country season is upon us once again and following our victory at the relays last year, we are looking forward to getting involved in the races this year. Here is a provisional list of the Autumn fixtures.

- 20.09.18 – Arrowe Park
- 04.10.18 – Birkenhead Park
- 18.10.18 – Higher Bebington Park

Prior to each race, trials will be held for any Year 4, 5 or 6 children who wish to participate. I was so impressed with the level of participation in our first trial, well done to everyone who tried out for the race. Letters for successful attendees to the Arrowe Park race will follow shortly.

Don't forget that you can always keep up to date with all of our latest sporting achievements throughout the year by following our Twitter page: @poultonlancelyn.

Regular updates from competitions and clubs will be posted as well as photos from current PE lessons across the school.



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