



Spring 2019

## 'Healthy Bodies, Healthy Minds' Newsletter

**Dear Parents/Carers,**

Welcome to our second 'Bike It, Scoot It, Walk It Breakfast' as part of our 'Healthy Bodies, Healthy Minds' initiative. I hope you and your children have had a wonderful, restful Christmas break. We are looking forward to continuing to progress our children's enjoyment and engagement in sport throughout this year, which will culminate in our sports day events. If you ever have any questions about our provision of curriculum and extra-curricular sport, let me know and I will do my best to help you out.

Thank you for your continued support with this initiative.

**Mr Smith**

### Autumn Term Recap

We have had a great Autumn term with many initiatives beginning and developing. Our sports ambassador scheme has been successful and will continue to run in 2019. Well done to all children who regularly take part in the challenges and to our sports ambassadors for their dedication. Following greatly popular extra-curricular activities, we have introduced further clubs for the Spring term; make sure to check your emails for the full timetable. I have been particularly grateful to Year 6 pupils who have led extra-curricular sporting activities with passion and pride.

We have also attended various sporting competitions including tag rugby, football, indoor athletics and cross country. To see full match reports, have a look at our P.E noticeboard. Finally, we have begun to introduce inter-house competitions in our P.E lessons. These competitions will continue in 2019, promoting the School Games values - shown below.

### Future 'Healthy Bodies, Healthy Minds' events

As part of our 'Healthy Bodies, Healthy Minds' initiative, we have various events lined up for the rest of the year including a refreshed sports day in the summer term which will promote inclusion and higher levels of participation. This term, there will be a themed day for the initiative where all children will be involved in health centred activities throughout the day. More information about our future events will follow shortly.

### Cross-country

Following a Christmas break, the next Wirral Primary Cross-Country races are scheduled for this term. Here is a provisional list of the Spring fixtures for Year 4, 5 and 6:

- 28.02.19 – Arrowe Park
- 14.03.19 – Higher Bebington Park

Just like before Christmas, trials will be held for any Year 4, 5 or 6 children who wish to participate before the event. Last term, I was so impressed with the high level of engagement with the trials as well as cross country club. I can't wait to see even more children participating in sport this term!



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