



Poulton Lancelyn Primary School



Festival Edition – March 2019

'Healthy Bodies, Healthy Minds' Newsletter

Dear Parents/Carers,

I write to you today to inform you of all of the fabulous learning that went on during our 'Healthy Bodies, Healthy Minds Festival', held on Monday 25th March 2019. At the close of the event, it was brilliant to see everyone (staff and children) with smiles across their faces. I was so glad to see that all children enjoyed the event and had fully engaged with the activities. As I'm sure you can appreciate, a lot of work goes into organising and holding such events and they simply wouldn't be possible without our dedicated and passionate staff. I would like to say a personal thank you to all staff involved for making the event such a success.

I hope you enjoy reading about our incredible celebration of sport and health.

Mr Smith

Ayo Akinwolere

During the assembly at the close of the event, we were very lucky to have a visit from former Blue Peter presenter, sports journalist and world record holder, Ayo Akinwolere. He told us about his work as a sports reporter as well as his incredible world record swim, in which he overcame his fear of open water swimming. It was so inspiring to hear his story and his advice for keeping a positive mindset and using resilience to keep going.



Additionally, our sports ambassador team were given to opportunity to interview Ayo to find out more information about his achievements. The children asked excellent questions and got some great advice from Ayo for keeping strong and resilient when times get tough. I am so proud of how our sports ambassadors have represented our school and I can't wait to see them continue into the summer term.

Mindfulness Sessions

All classes have had sessions throughout the day in which we have learnt about mindfulness strategies. In the morning, Mrs Simms worked with classes in F2, Y1, Y2, Y4 and Y5 while in the afternoon, Thumbs Up worked with Y3 and Y6. They showed us techniques with breathing, focusing, sleep and dealing with stress. Well done to all children for fully participating and engaging with the sessions.

Relevant Rights (RRS)

- [Article 17](#) – access to reliable information
- [Article 24](#) – best possible health
- [Article 29](#) – develop talents and abilities
- [Article 31](#) – play and leisure

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Mile Run

Well done to all children who participated in the mile run on the infant playground. Although it was tough, we pushed through with resilience and with determination to complete as many laps as we could! Great work!

Freddie Fit

One of our coolest activities was Freddie Fit, enjoyed every year by Key Stage Two. For the first time since our school has been working with Freddie Fit, Key Stage One and F2 have also enjoyed high-energy, interactive sessions today. The sessions were so fun and engaging – thank you so much to Freddie Fit for such an enjoyable activity!



Yoga

Key Stage One and F2 took part in special yoga sessions. During the sessions, we learnt about physical and mental wellbeing as well as different relaxing positions. Thank you so much to YogaBears for delivering the sessions.

Nutritionists

During the morning, all children learnt a lot about the different food groups and how to create a healthy, balanced diet thanks to informative, scientific sessions with our amazing, visiting nutritionists. After learning about food sources of different nutrients, we tested our knowledge using a relay race! What a fantastic session – thank you on behalf of all of the children to our visitors!



Smoothie Bike

Some Key Stage Two children were involved with our smoothie bike, mixing delicious smoothies for other children to try at lunchtime. Well done for that extra effort everyone!

Dance Festival

Ahead of the dance festival on Wednesday, our amazing dance club performed for the whole school during the assembly. Everyone was in complete awe at the skills of the dancers!

Class-Based Projects

All year groups have also completed sport and health themed activities in class. A selection of this fantastic work will be on display on our new 'Healthy Bodies, Healthy Minds' board.

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