



27.06.2022

Dear Parents/Carers

**During the week beginning Monday 4<sup>th</sup> July we will be having a whole school 'Healthy Lifestyles Week' and there are lots of different activities planned.** Please can you ensure that your child is wearing the correct school P.E kit every day of this week, has a water bottle, sun hat with them and is wearing sun cream.

- Each Key Stage will take part in their own sports day. The children will work in their houses and will be given a country to represent as part of the commonwealth games. Teams will be awarded points depending on the place that they come and we will be awarding Gold, Silver and Bronze house prizes. Teachers will also be looking closely for children who show excellent sportsmanship throughout their event and 1 child in each class will be chosen for a 'Best Sportsmanship Award.'  
We look forward to seeing you on these days.

**- EYFS (Nursery and Reception) – Monday 4<sup>th</sup> July at 9.15am**

**- KS2 (Years 3,4,5,6) – Friday 8<sup>th</sup> July at 9.30am**

**- KS1 (Years 1, 1/2, 2) Friday 8<sup>th</sup> July at 1.30pm**

- GB athlete Stephanie Inglis will be visiting us. She won Scotland's first silver medal in judo. Keep collecting sponsor money to earn extra prizes on the day.  
**Please note that it needs to be returned to school by Wednesday 29<sup>th</sup> June.**
- We will be having a whole school competition to design a healthy lifestyles poster. A winner will be chosen from each class and these children will receive a small prize. We will also be choosing a whole school winner.
- Each class will also take part in many different activities including, road safety, first aid techniques, sun safety, eating a healthy diet and tooth decay.
- **To kick start the 'Healthy Lifestyles Week' there will be a special surprise for the children on Monday 4<sup>th</sup> July!**

Don't forget to check our school Facebook page at the end of the week to see photographs of the activities each class has been carrying out and also details of which children won our competitions.

Yours faithfully  
Mrs E Cook  
E Cook