

ST. ANNE'S CATHOLIC PRIMARY SCHOOL

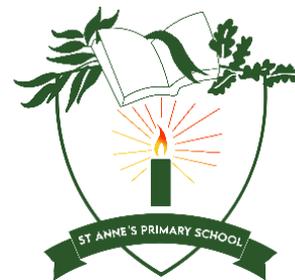
FREE PRAE ROAD, CHERTSEY, SURREY KT16 8ET

☎ 01932 562251 / 562366

✉ office@stannes-chertsey.surrey.sch.uk

🌐 www.stannescps.eschools.co.uk

Headteacher: Mrs L M Harris



27th May 2021

Healthy Living and Well-Being Week

w/c 14th June 2021

Dear Parents,

We are very happy and proud to share with you our special week dedicated to everyone's healthy living and well-being.

These areas are a high priority at St. Anne's and now, more than ever, we want to raise awareness, support and engage in conversations about these areas. Miss Lawrence and I have been planning and working on a range of activities for the children and the whole school community.

Over the course of the week, the children will have the opportunity to take part in a range of discussions, activities, assemblies and physical activity to promote healthy living and positive mental health. Each class will have a PowerPoint with daily activities, clips and discussion points which we think they will enjoy as well as gain time to reflect on.

Miss Lawrence has an array of physical activities planned which will again promote the message that physical activity can help support a positive mind set.

Timetable of activities:

	During the day	Additional Activities
Monday	KS1 Learn to Ride Activity (all KS1 children will need to come into school wearing their PE kit)	Teas and coffees available for parents from 2.15pm to pick up. The chance to have a chat to others outside in social distanced bubbles of no more than 30. Please do try to pop along it would be lovely to see people.
Tuesday	KS2 BMX Activity (all KS2 children will need to come into school wearing their PE kit) Assemblies delivered by Mrs Harris and Mrs Murphy on the theme - Express Yourself.	
Wednesday	KS1 Athletics Activity (all KS1 children will need to have trainers in school for this)	

	<p>‘Express Yourself Day!’ <u>Everyone</u> is invited to come into school dressed in anything that expresses something about themselves to the world. It might be bright colours, sports wear, a hobby, artists outfits for our creative pupils. Pupils can also bring in small items like a special book, a painting or something inspirational!</p> <p>During the day, pupils will have the opportunity to show their class something about themselves, in any form they like - a dance, poem, play, speeches, sports. This part is optional and not compulsory.</p>	
Thursday	KS2 Golf and Archery Activity (all KS2 children will need to come into school wearing their PE kit)	Staff rounders match!
Friday	INSET DAY	

On the days your child has a physical activity, they may come into school in their PE kits. On Wednesday ‘Express Yourself’ day, **all** pupils are encouraged to wear their own clothes regardless of anything else.

As the week progresses, we will post photos on the school website under the ‘well-being’ tab for you to see and we will be sending you helpful ideas, tips and websites so that you can work with us on this area at home. The link below takes you to the official website where you can find out more.

[Parents and Carers - Children's Mental Health Week 2021 \(childrensmentalhealthweek.org.uk\)](http://childrensmentalhealthweek.org.uk)

It is going to be a very exciting week and we are very much looking forward to it.

God Bless,

Mrs Murphy and Miss Lawrence

