



'ad omnia paratus'



Head of School: Mrs J Cook

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9<sup>th</sup> May 2018

Dear Parents/Carers,

As part of our whole child approach here at Burton Joyce we will be running two health and wellbeing weeks to give us the opportunity to put the childrens physical and emotional learning at the forefront of our minds. Throughout the two weeks we will help the children learn the importance of a healthy body and healthy mind, and provide them with a range of activities that will raise awareness, with our aim being to help the children make informed choices about healthy eating, fitness and their emotional and mental wellbeing.

The dates will be as follows: Foundation/KS1: 18<sup>th</sup> June – 22<sup>nd</sup> June  
KS2: 25<sup>th</sup> – 29<sup>th</sup> June

We are aiming to introduce the children to a range of physical activities that they might not have tried before. We will also be covering healthy eating, mental wellbeing, and healthy habits linked to technology.

We have organised some outside providers using the Primary PE and Sport Funding, however; we are looking for some additional activities that the children could experience. If you engage in any alternative physical activities or are a healthy eating guru and could spare us a half or full day we would be very much appreciated.

If you are interested in running some workshops then please complete the slip below and I will contact you to discuss further details.

Thanking you in anticipation of this matter.

Mrs C. Muldoon

PE Co-ordinator

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### Health & Well Being Weeks 2018

I would be interested in delivering \_\_\_\_\_ workshops.

My availability is \_\_\_\_\_

Contact Name \_\_\_\_\_

Contact Number \_\_\_\_\_



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