

Wellbeing Week 2022

Now in its fifth year, we are delighted to announce some of the activities that will be taking place during this year's Wellbeing Week!

A full week of physical sessions has been planned so that children have the opportunity to experience new sports, develop their skills and learn about how to work as a team. During the week, children may take part in some sessions of: pilates, fencing, cricket, dancing, taekwondo, archery, lacrosse, football and parkour.

Alongside the physical activities, children will also have classroom-based sessions with a PSHE (personal, social and health education) focus. They will learn about how to keep themselves healthy, including learning some basic first aid skills. They may learn about mental health and personal skills such as perseverance and resilience. They will develop their artistic skills and practise strategies for relaxation.

In order for children to be prepared for the vast range of activities, we ask that all children come to school each day in comfortable sports clothes and trainers. Please ensure your child has sun cream on and brings a hat and water bottle on hot days, and a coat and spare pair of shoes if the weather looks wet (as outdoor activities will still carry on!).

The highlight of the week will be our annual **Sports Day on Thursday 23rd June**.

Parents and younger pre-school are welcome to attend to support their child.

Please enter through the field gate (where we will ask you to sign in) and bring any chairs/rugs to sit on. Between each of our three sports-day sessions, we ask that all parents/carers/siblings leave via the same field gate in order for the field to be used for break-time and lunch-time.

Gates open: 9am for 9:15am start for Reception, Year 1 and Year 2

Due to finish at 10:30am

Gates open: 11:15am for an 11:30am start for Year 3 and Year 4

Due to finish at 12:30pm

Gates open: 2:15pm for a 2:30pm start for Year 5 and Year 6

Due to finish at 3:30pm

On Sports Day, we ask that all children wear their black PE shorts and they may wear a t-shirt in the colour of their house: Joslin (red), Brewer (blue), Stonham (yellow), Langdon (green). Parents – feel free to wear the same colour as your child to show your support!

We are looking forward to a fantastic week and hope you can join us on Thursday.