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Headteacher  
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Charity Registration no. 1127874

*Empowering Children through Creative Learning*

Assistant Headteachers  
Mrs V Hearson  
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Mrs H Steel

22<sup>nd</sup> September 2016



### HEALTH AND WELLBEING WEEK

Dear Parent/Carer,

We are planning an Enrichment Week to take place from **Monday 3<sup>rd</sup> October** and it will have a Health and Wellbeing theme.

During the week the children will spend some time each day learning about different aspects of their health.

Each day the children will take part in an additional physical exercise activity and we encourage them to come to school in sporty gear for the week. They will also have discussions with their Total Sports teachers, Mr Gunnell and Mr Wilson, about the benefits of regular exercise. Additional sports coaches will run workshops for each class.

The school council elections will take place during the week with a polling station appearing in the library! The school council is a great way to encourage children to make their own decisions and to take responsibility for their own lives and their communities.

Food will also play a part in our week and each class will have the opportunity to prepare some healthy food and snacks.

Key Stage One will have a visit from a dentist who will talk to them about the need for thorough teeth cleaning and about the different types of teeth we have and their purpose. Key Stage Two will have an assembly about resilience delivered by representatives from the Samaritans.

In addition to this the children will have the opportunity to discuss how to keep safe when using technology and about what makes them feel relaxed and calm.

Park Grove Staff will be teaming up to run the York Marathon relay on Sunday 9<sup>th</sup> October – an appropriate end to Health and Wellbeing Week! The money we raise will be used to develop our Urban Buzz Garden on the school field, which will be an area where the children can relax. If you would like to sponsor the team please bring any donations to the office where we will have a sponsorship form. The team members are Mrs Hearson, Miss Clayton, Mr Gardiner, Miss Bilton, Miss Land and Mr Baines. We'd love to see you cheering us on along the route!

If you would like any more information please do not hesitate to be in contact.

Kind regards,

Helen Steel  
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