



## Healthy Schools Week

Our Healthy Schools Week will take place during the week beginning **26 June**. The School Council and Wellbeing Ambassadors will be involved in organising this fun week.

Healthy Schools week will include a variety of activities designed to encourage being physically active and promote mental health and wellbeing. We always aim to be active at Wimbledon Chase but in Healthy Schools Week, it becomes our main focus; all the children have the opportunity to take part in many additional activities which they thoroughly enjoy.

**The children are encouraged to wear their PE kit for the whole week.**

### Diary of events

Day	Activity/event	Where	Age group
<b>Monday 26 June</b>	Sports Morning Years 1 & 2 9.15- 10.30am Reception 10.45-12.00pm	Back Field	Reception, Years 1 and 2
	Fruit Sale- 8.30 am	Front of school	All children
	Smoothie tasting- 3.20 pm onwards	Front of school	All children and parents
<b>Tuesday 27 June</b>	Wake up and Shake up 8.30 am	Front field	All children
<b>Wednesday 28 June</b>	Wake up and Shake up 8.30 am	Front field	All children
<b>Thursday 29 June</b>	KS2 Sports Morning Years 3 & 4 9.15am – 10.30am Years 5 & 6 11.00am– 12.30pm	Back Field	Years 3-6
	Fruit Sale-8.30 am	Front of school	All children
<b>Friday 30 June</b>	Family Fun Run 8.15 am	Back Field	All children and parents



### **Reception, Years 1 and 2 Sports Day- Monday 26 June**

Reception, Years 1 and 2 will take part in a Sports Day where they have numerous physical challenges to complete such as an obstacle course, hurdling, throwing a ball into a hoop, running and egg and spoon races. The children always have great fun and enjoy challenging themselves. Parents are invited to come and support their child.



### **Years 3, 4, 5 and 6 Sports Day- Thursday 29 June**

The children in Years 3, 4, 5 and 6 will participate in a wide range of activities. It provides an opportunity for all children to join in a team sport. Parents are welcome to come and support their child.

### **Fun Run**

After our successful Park Run, we have decided to hold a family run before school on **Friday 30 June from 8.15am**. This will provide both children and parents with the opportunity to start their day in an active way.

### **Fruit and Vegetable Stall**

The School Council and Wellbeing Ambassadors will be selling fruit and vegetables before school on Monday and Thursday. Any monies raised will be donated to our Gardening Club.



### **Smoothie Tasting**

Please come along after school on **Monday 26<sup>th</sup> June** to taste smoothies made by the children.



### **Class activities**

Each class will undertake a variety of activities during Healthy Schools Week. These will focus on healthy eating, keeping fit and mental health and wellbeing.

### **Wake Up and Shake Up**

During Healthy Schools Week, children are encouraged to start the day with exercise so will have the opportunity to take part in 2 morning aerobics sessions which will be run by our Sports Leaders.





We are really looking forward to our Healthy Schools week and hope you and your children will enjoy it too.

Kind regards,

Donna Newell

Deputy Head Teacher