

# MEADOW LANE INFANT SCHOOL

## Healthy Living Week: 19<sup>th</sup> October- Thursday 22<sup>nd</sup> October

To all Parents/Carers

8 October 2015

We have planned a 'Healthy Living' week starting on 19<sup>th</sup> October 2015 and have many exciting things planned including lots of visitors into school. We will be helping the children to understand all the different ways to stay healthy – food, exercise, dental health, keeping clean, etc.

The children will be undertaking a range of activities including: -

- Belly dancing
- Rugby
- Born to move (Yoga, martial arts and dance)

All of these activities are funded by the sport premium money.

We also have the Coram Life Education van visiting us on Tuesday 20 October 2015 with each class having an hour session. The sessions will be as follows: -

Class 5 & Class 6 - 'All About Me'

Class 3 & Class 4 - 'My Wonderful Body'

Class 1, Class 2 & Class 7 'Feelings'

The Life Education van will also be running two parent workshops on Wednesday 21<sup>st</sup> October, these will be held from 9.00 to 9.30 am and the second session from 2.50 to 3.20 pm. These are held to give parents a brief overview of what the children will learning during their sessions in the van. There will also be ideas and activities about staying healthy at home, therefore if you would like to attend either of these workshops, please complete and return the slip below by Friday 16 October 2015.

Many thanks

Miss Tewson – Class Teacher

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### Life Education – Parent Workshops – Wednesday 21 October 2015

Name of child:.....Class .....

I will be attending the 9.00 to 9.30 am Parent Workshop

I will be attending the 2.50 to 3.20 pm Parent Workshop

Name of Parent.....

(Please tick the box next to the time you wish to attend – thanks)