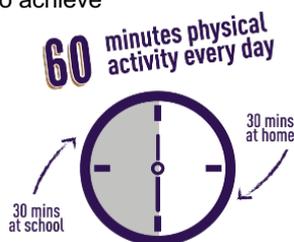


Health (Mrs Taylor)

Physical activity update

In response to the government's aim for children to achieve

60 minutes of physical activity every day, we've a **guide**, available on our website, **suggesting out-of-school physical activities** for families in our local area.



For example, are you aware of the free activities held locally such as the weekly Sunday Junior RarkRun at Roundhay Park or the Let's Ride pop up cycling events at the Brownlee Centre? In order to update this guide, we'd love to hear feedback about any activities you'd like including. Competitions and participation events held so far include football, netball, multi-skills, gymnastics, dodgeball, aqua festival and cross country.

Congratulations to our four cross country qualifiers. Good luck in the Leeds City Final.

We continue our link with **Leeds Beckett University**, to host groups of sports coaching students. **Allerton Grange** is another local partner and many classes have enjoyed sessions delivered by their sports leaders.

- Remember to remove **earrings** for PE (including swimming) or if your child is taking part in a sporting event.

PE Premium



Have a look at our evaluation on how we invested this government funding last year and our investment for this year. As a result of our high participation levels in after-school clubs, competitive events and pupil leadership, we were awarded School Games Platinum.

School dinners

Our school dinner menu (displayed on the noticeboard and website) changes after February half term. Parent/carer/pupil feedback was considered when preparing this menu with Catering Leeds. For example, the meat free day will become Tuesday; jacket potato choices will continue to rotate between the most preferred fillings – cheese, tuna and beans – and vegetable choices will be the most popular ones. If your child is in Reception, Year 1 or Year 2, they're entitled to free school dinners. By swapping from packed lunches to school meals, this can save you around £450 a year.

Packed lunches

Our healthy packed lunch guide encourages fruit and vegetables and snacks as a treat or healthier versions.



Tuck shop

Our KS2 fruit tuck shop, every Tuesday playtime, continues to prove popular with 140 pre-paid portions of fruit served every week. Don't worry if you've not pre-paid: children in Years 3-6 can bring money to pay on the day – 20p per portion.

Fruit can be brought from home every day as a playtime snack for KS2 or after swimming (Y3).

Healthy Schools status

Recently, we successfully revalidated our Healthy Schools Status based on the four core areas of Healthy Schools - Personal Social Health Education (PSHE or Living and Learning as we call it), Healthy Eating, Physical Activity and Emotional Wellbeing and Mental Health. A visit will be arranged later this year to externally reassess this.

Sports/WuSu leaders

Year 6 sports leaders continue to run lunchtime activity sessions in our MUGA and KS2 Wake up Shake up leaders teach us lots of new routines in our daily WuSu (Wake up, Shake up) activity.

Living & Learning-staying safe

Over this term, we'll welcome visitors to support our staying safe Living and Learning focus (including Safer Internet Day). Drug education and e-safety sessions will be delivered by d:side with parent/carer information events also running. NSPCC will visit to deliver their Speak out Stay safe message to all classes.

My Community themed week

Last half term, we enjoyed our identity, diversity and community themed week with children getting out into the community. **Last term was also anti-bullying week.** **STOP** can stand for two key messages: the *definition* (Several Times On Purpose) and the *solution* (Start Telling Other People). Our child-friendly anti-bullying policy was also launched by the four Year 6 authors.

Active travel to school

We continue to encourage children to travel to school in a sustainable and safe way to help reduce local congestion and start the day in a happy and healthy way. When driving is unavoidable, please do **Park and Stride** from M&S.

However, while we really encourage the use of scooters and bikes to travel to school, they shouldn't be left at school overnight as there's no way to keep them as safe as you'd like.

School Savings Club

Over 10% of pupils now have a School Savings Club account, helping them to learn about the importance of savings. Paying in dates are the penultimate Monday of each half term. Please ask at the office for more details.

Our new School Council

Finally, we congratulate our recently elected school councillors, chosen democratically by their class. One of their first major decisions will be to spend their library budget based on book requests from other pupils. Children are encouraged to use their pupil voice to raise issues to discuss.

*If you would like to discuss any health issues, please contact me via the office.
Thank you. Mrs Taylor.*