



21.11.19

Dear Parents/Carers,

Healthy Mind and Body Week – 25th – 29th November

Throughout next week we are having a focus on Healthy Mind and Body across the school. The children and staff will be talking about ways they keep their bodies and their minds healthy, we will be linking this to:

- Exercise
- Eating Healthy
- The importance of sleep
- Understanding our emotions linked to Zones of regulation.

The children have been involved in Mindful movement workshops this week from Nursery to Year 2 and will continue to do some of the exercises from these workshops in class next week and throughout this year.

Kidzfit will be delivering sessions to all the children and the charity MIND will be talking to children in KS1 about how important it is to keep healthy. We are having a parent session on Tuesday 26th November at 2pm and we look forward to seeing many of you at this session.

We would like the children to do the activity below at home throughout the week linked to eating Healthy foods.

Eat a Rainbow Challenge

Throughout this week can you eat a whole rainbow?
What different coloured fruits and vegetables can you eat?

You could write down the different fruits and vegetables you eat and share it with your class.



With such a huge amount of time spent in the school, this provides an ideal environment for promoting good emotional wellbeing and identifying early behaviour changes to support having a healthy mind and body. The social and emotional skills, knowledge and behaviours that children learn in the school can help them to build resilience and set the pattern for how they will manage their mental health throughout their lives.

Emotional wellbeing is a clear indicator of academic achievement, success and satisfaction in later life. Evidence shows that mental health and wellbeing programmes in schools, can lead to significant improvements in children's mental health, and social and emotional skills.

We know this is going to be a really positive week for the children with lots of opportunities for them to develop their knowledge about how to have a healthy mind and body.

Thank you for your continued support,
Claire Tester
Head of School