



Manor Way Primary Academy

Happy and successful learners

A part of the Windsor Academy Trust

Headteacher: Miss L Buffery, B.Ed.(Hons), NPQH

Brier Mill Road
Halesowen
West Midlands
B63 3HA

Tel: 0121 272 7310

Email:
information@manor.windsoracademytrust.org.uk

Website:
www.manor.windsoracademytrust.org.uk

Company registration no: 07523436
Place of registration: England

Dear Parents and Carers,

Monday March 11th at Manor Way Primary Academy is the start of our 'Health and Fitness' week. The aims of the week are to raise the profile of how to keep healthy, through the foods we choose to eat and the exercise we take.

It will kick start with a whole school assembly on the Monday morning from Eve Thrupp our School Nurse, explaining how we are aiming to keep healthy throughout the week.

We have lots of fun activities and events in the week to facilitate this.

On **Monday 11th March**, Hagley Golf Club will be in to deliver whole class golf lessons to Yr 3 to Yr 6.

One of the big aims of the week is to launch the 'Healthy Break' policy, which will start on Monday 18th March. Eve Thrupp will be timetabled over **Tuesday 12th and Wednesday 13th** to give a health education lesson about 'Sugar Swaps' for each class. Also on Tuesday, every class will have the opportunity to watch the fantastic 'Health and Wellbeing Bike Show' from the Great British stunt mountain bike team!

On **Wednesday March 13th** our School Nurse will be running a workshop for parents on Health and Well Being at 5:30pm. This will share our new 'Healthy Snack Policy' and offer you an opportunity to ask any questions you may have.

Our school assembly on **Thursday March 14th** will be to introduce the children to a chef who specialises in cooking healthy meals. This chef will be working with all the classes to cook a healthy meal from scratch!

On **Friday 15th March** we will begin the day with a whole school 'Wake Up Shake Up' session in the hall from our PE coach, Miss Hancox. All the pupils are invited to come into school with a £1 donation for wearing sports gear. Trainers, track suits, joggers or hoodies are all suitable (including football kits...preferably Villa!) 😊

Friday afternoon is to celebrate all we have learnt in our 'Health and Fitness' week, by partying with a twist! The 'Sugar Swap Soiree', is a great opportunity for the children to bring in something healthy they have made at home to share with the class, such as fruit kebabs, vegetable crudites, banana muffins, etc. The children will bring home the Manor Way Primary Academy 'Healthy Snack' Policy to share with parents for it to start the following week.

During each day the children will be asked to run or jog around the field with the aim to complete the 'Mile a Day Challenge'. This should take around 15 minutes of every day. The theory behind this is to not only improve their general fitness, but also the children's concentration level, mood, behaviour and general wellbeing. Each child will fill in a questionnaire about how much better they feel/concentrated in class afterwards.

We also have Mrs Busby coming in to make protein snacks and join in with the daily mile. If there are any other parents who would like to volunteer please let us know!

A reminder that children will need their PE kits and black pumps and trainers in school every day as usual.

It's going to be such a fantastic, fun packed week!



Kindest Regards,

Annabel Whitmore

PSHE Lead



Health & Wellbeing Workshop

I will / will not be attending the Health & Wellbeing Workshop on **Wednesday March 13th** with our School Nurse at school at 5:30pm.

Signed.....

Date.....

