

# Health and Well-being Newsletter

## Health and Well-being Newsletter

Welcome again to the Health and Well-being Newsletter. As a school we are committed to ensuring the health and well-being of all those who are connected to the school, from staff, children and parents. We successfully completed and received our bronze and silver award and we are now continuing on the journey to achieve gold! This could not have been achieved without the support of children, staff and parents. On behalf of the Health and Well-being team we would like to thank you.

### New starters

I would like to give a warm welcome to all the new starters at Coomb Briggs. As a school we are part of the 'Healthy Places Award'. We have a team within the school that promote and run activities across 5 areas related to health. These are:

- Physical health
- Nutritional health
- Mental health and well-being
- Smoking and alcohol
- Substance

The 5 areas look at educating the children, staff and parents. The team are here to offer advice and support within these 5 areas.

### Health and well-being team

Your health and well-being team are:

Mrs Holdsworth

Mrs Batty

Mrs Judge

Mrs Haynes

### Up and coming events:

**October- Stoptober.** For anyone who would like to give up smoking this is a good place to start. If you would like any information or advice on local services then please see a member of the Healthy Places team.

### 30<sup>th</sup> October – 3<sup>rd</sup> November – National School Meals Week

Remember all children in KS1 are entitled to a free school meal. There is a fantastic menu on offer. Why not give it a try?!

Also there are a wide range of recipe ideas that can be fun for all the family. Why not follow the link and choose a recipe that all the family can get involved in?

<http://thegreatschoolslunch.co.uk/parent-zone/>

### A massive well done and thank you!

Once again Race For Life was a huge success and fun was had by all. I would just like to say thank you for your support.

We raised a massive **£2130.50**