

# Health and Well-being Newsletter

## Health and Well-being Newsletter

Welcome again to the Health and Well-being Newsletter. I hope you are all getting ready for the festive season. It is a great time to spend with loved ones and make some special memories.

### Health and well-being team

Your health and well-being team are:

Mrs Holdsworth

Miss Thornalley

Mrs Batty

Mrs Judge

### What's been happening this term?

We have had another busy term for Healthy Places in the school. We have been looking at different events that we would like to take part in this school year. We will keep you up to date with these in due course.

### National Road Safety week

This was November 21<sup>st</sup> - 25<sup>th</sup> November. We had a visit from the road safety team who delivered an assembly to KS1 and KS2 followed by a KS1 workshop. It was a very informative session and the children gained a lot of information from this. So remember when crossing the road STOP, LOOK, LISTEN, THINK.

### National Alcohol Awareness week

This was 14<sup>th</sup> November - 20<sup>th</sup> November. For this Year 6 looked at the effects alcohol can have on a person. The children looked at some different leaflets and discussed the different effects. The children then created their own leaflets.

### Up and coming events:

**2<sup>nd</sup> March 2017**- We are taking part in a 'ready, steady, cook' challenge which will involve staff and children. This will be carried out by Chartwells who provide the school meals. This is an exciting opportunity and more details will follow.

### Stay safe

This time of year is always a special time of year where we celebrate with loved ones. Please remember to stay safe over the festive season.

Merry Christmas and a Happy New Year!