

# Health and Well-being Newsletter

## Health and Well-being Newsletter

October 2018

Welcome to the first Health and Wellbeing newsletter of the new school year. Welcome to new families that have joined us this year.

Health and Wellbeing is a huge part of the school, not only for the children but for staff and parents too.

Throughout the year we support national campaigns around different health topics and run events within the school for children, staff and parents. We continue each year to build on this.

In school we have a Health and Wellbeing team who are here to offer advice and support to pupils, staff and parents. Please don't hesitate to contact us for support or information.

### Health and wellbeing team

Your health and wellbeing team are:

Mrs Holdsworth

Mrs Batty

Mrs Judge

Mrs Haynes

**Breakfast Club:** Breakfast club has been a great success and continues to grow. If you would like information about breakfast club then please see Mrs Batty in the main office.

**Race for Life:** Before the holidays we completed another successful Race for Life. We really couldn't do it without your support. We raised a massive £1937.13

**Big Talk:** Once again we have invited Big Talk to come and deliver sessions to the children around healthy relationships. We have decided to do it earlier this year so we can continue to build on the work done by Big Talk throughout the rest of the school year.

**Big Talk for Parents/Carers:** 15<sup>th</sup> October 2018 4.30 p.m. at school

Up and coming campaigns:

- **Stoptober-** Every October there is a national campaign to support people with stopping smoking. There are lots of places that offer support and advice to help reduce the amount or even stop.
- **Go sober for October:** Why not try it! Let us know if you complete this challenge.

Thank you

Mrs Holdsworth