

PROMOTING GOOD HEALTH THROUGH EXERCISE

Exercise is a crucial part of helping children to be healthy, and we are pleased to inform you of some developments that will be starting during this term.

During the summer a 1.2 metre wide crushed stone path was built around the perimeter of the school field. This will provide an all-weather way to encourage children in Key Stage 2 to take more exercise during the school day as they will be able to walk or jog around it at break times and lunchtimes. The track is now finished, and we are waiting for some rain to fall as this will make the top surface set into a solid surface.

There is a national initiative being suggested to schools called the "Daily Mile" where children are encouraged to walk or jog a mile every day whilst at school. About 8 or 9 laps of our track would equal a distance of 1 mile. We will be sending out more information about this later in the term.

We are also looking into purchasing step-trackers, initially for pupils in Y5 and Y6, to be worn on their wrists to monitor how many steps that have taken, and from this set each child their own individual daily step target. This type of activity has proven popular with pupils in schools that have already tried it. Again, more information will be sent out in due course.

ALL SAINTS HIGH SCHOOL OPEN EVENING:

All Saints Catholic High School have asked us to inform the parents of Year 6 children that their Open Evening will take place on Tuesday 24th September 6.30 p.m. – 8.30 p.m.

ROSSENDALE HOSPICE PENNY PINCHING APPEAL

The blue Penny Pinching Appeal boxes for Rossendale Hospice's annual fundraising event have been sent home today. The idea is to put any small change in the boxes and bring them back to school by Wednesday 30th October which is in the first week after the half-term holiday.

INTRA-HEALTH FLU VACCINATION PROGRAMME:

Your child should have brought home a form today from Intra-Health ahead of this year's flu vaccination programme that will take place later in the Autumn Term. The vaccination is done through a spray into your child's nose. There are no injections involved.

Please read the information and complete and return the appropriate response form by Friday 27th September.

SCHOOL HARVEST SERVICE

This will take place in Holy Trinity Church from 1.30 p.m. on Wednesday 25th September and you are most welcome to join us.

