



Summerfield School

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Headteacher Pam Weston

12th April 2018

Dear Parents and Carers,

Summerfield Healthy Workshop

On the 23rd May, we are holding a whole school healthy workshop. The day will focus on interactive activities related to health, we will be supported by representatives from A-life, who will deliver health workshops.

Children will be put into small groups and will head off to one of the action-packed activity stations. The activities are all age appropriate and differentiated. The session is completed by a 10 minute talk from the coach to round up the learning, below is an example of some of the activities in which they take part:

- Piece together the human body, exploring the function of each organ
- Explore how many grams of sugar and salt are in some favourite drinks and snacks
- Play different games that show where food comes from, how food grows and foods from around the world
- Use maths to shop to a budget
- Use life-like foods to discover what a balanced diet is all about
- Follow directions around a map to different takeaways
- Check out their tooth brushing technique and evaluate their personal hygiene
- Find out how much sleep they need and whether they are getting enough
- Sort household items into 'safe' and 'unsafe' bins

Online 7-day Healthy Challenge – Included free with any Healthy Workshop booking is an interactive online quiz to follow up the teaching from the workshops. Children log their healthy habits throughout the week and print a personalised certificate at the end showing their 'health' score and 'brain' score.

We are asking for a £2.30 contribution towards the cost of the workshop. We now have a parentpay facility, please access this through your Parentmail app or pay the school office directly.

Yours sincerely,

Pam Weston
Headteacher

X.....

Summerfield Healthy Workshop

Child's name HB

I give permission for my child to participate in the Healthy Workshop

I enclose a £2.30 contribution

Parent / Carer Signature

