

Issue 11 January 2018

Welcome to our Health and Well-being week.
29th January -2nd February 2018



Why are we doing this?

In the modern world we live in there are many stresses and strains that can affect all of us both young and old. We feel that for our children growing up they need to be aware of healthy lifestyles physically, mentally and emotionally.

Next week will cover a range of activities which touch on positive physical, mental and emotion health. We have got visitors coming into school and the teachers have planned a range of exciting activities which will move the children's learning on in many ways.

We believe positive well-being is vital for great learning.

Big Draw

Don't forget parents/carers to stay for a few minutes at drop off time on the morning of **Friday 26th January** (or 12.30pm for afternoon nursery children) to draw with your child. We would like your child to draw you and for you to draw your child!

Ask to see the teachers "Teddy Bear" drawing from their training!

Here are just some of the planned activities for health and well-being week

- **Monday** – A chef to work with Year 1 cooking a healthy pizza.
- **'Challenge Tessa'**. We have a mental health advocate coming into school. She has challenged herself to visit as many schools in Northampton as she can in a week, to highlight positive mental health.
- Year 2 have a visit from Waitrose staff and they will taste fruit and talk about healthy eating. They will also be designing healthy lunchboxes.
- **Tuesday** – Reception **move and groove workshops** for parents and children. Please come and join us 9am.
- **Wednesday** – Year 1 'healthy tea party' – healthy lifestyle/oral health workshops with snacks/drinks for parents and their child (1.30pm)
- **Thursday** - We continue with a range of activities in the classroom including lessons from "**Jigsaw**" our new Personal, Health, Social and Economic (PSHE) programme.
- **Friday – Health and Well-being Day** across school: the children will be engaged in a variety of activities based in each classroom and children to take part in sessions in their key stage. Nursery will join Reception for part of the day (e.g. cooking/fruit kebabs, dance, mindfulness colouring, exercise, yoga, decorating wooden hearts. Mr Patrick will be in the hall with a physical challenge for KS1.
- **Friday -Children can dress in bright colours or as a super healthy superhero!**
- **We are making a collection to support "MIND"**. All the children will be decorating a **wooden heart to share with someone they love, on Friday, so please send in a donation** with your child to support this activity and raise money for an illness that is often unseen but affects so many lives.

Irthlingborough Nursery and Infant School

The Caravan has arrived!!

I would like to say a huge thank you to the family who donated their well-loved family caravan to become our dream of an outside reading space for our children.

The Project really begins now!

We want to take out part of the inside of the caravan and create shelves for books and have areas of soft seating, for the children to be able to relax and enjoy the power of books in an exciting and different place. We would like some new bright curtains made, the large seats covering, and we are even thinking of painting part of the shed to be the “view” from the main window.

We are looking to paint the outside of the caravan and create an outside reading area near the caravan with Astro-turf and decking. We have already had the kind offer of some paint for the exterior of the caravan.

There is lots to do but if you could offer help with any of the ideas above then please let me know. (01933 654900).

Once the caravan is ready we then need to stock it with books. We will be using money raised from your donations over the year by the PTA, to make sure this becomes a special place for all our children.

At present while the work is being designed and considered the caravan will not be open to the children, however we want their input too, so we will be running a name the caravan competition later in the year and we would like their help in designing the interior and exterior.



Please remember to support our **Fashion Show on 8th February**. This will be helping to raise more money for library project. We also have a book fair coming up at the end of February and all commission will be taken in books for the library, both inside and outside!

Nursery individual school photographs are on Thursday 1st February.