



# HEATH FIELDS PRIMARY SCHOOL

## *Inspire Achieve Celebrate*

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Headteacher Mr Mark Whyman

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11<sup>th</sup> June 2019

### Health and Fitness Week

Next week in school, we will be holding our Health and Fitness week where our learning will be based around the theme of making healthy choices.

Throughout the week, we have visitors coming in to school to lead workshops for all children on street dance and on mindfulness and yoga. Children will also be working in class on cooking and nutrition, health and wellbeing.

Children will need to have their P.E kit in school for the week for any additional practice in the run up to our Sports Day on Friday 21<sup>st</sup> June.

### Tuesday 18<sup>th</sup> June and Monday 8<sup>th</sup> July

On Tuesday 18<sup>th</sup> and Monday 8<sup>th</sup> July, we are excited to welcome visitors from Coram Life Education to work with children in Years 3 to 6 to deliver life skills sessions. Children will be thinking about making healthy choices, both through keeping our bodies healthy, including making healthy choices surrounding smoking and alcohol. Sessions will also incorporate the 'digital 5 a day' for a healthy and balanced digital diet.

Year 3 will be involved in the workshop, 'It's Great to be Me!' The children will consider how the choices we make, such as doing exercise and taking medicine, can affect what happens inside the body.

Year 4's workshop, 'Meet the Brain', focusses on how the brain sends and receives messages and considers how choices can help or harm the body.

Year 5 will be focussing on the theme of friendship and the influence that our friends have on decision making and the importance of assertiveness. They will discuss what a drug is and how they can be used for medical and non-medical reasons.

Year 6's workshop, 'Decisions', will consider how drugs have medical and non-medical uses; children will learn the basic laws on drugs and explore aspects of peer dynamics.

We look forward to a fun-filled week and to welcoming you on Friday to support the children on Sports Day.

Yours sincerely

Mark Whyman  
Headteacher

