

# BROAD HEATH NEWS



HEALTHY LIFESTYLE



## NEWS

- Now that we are slowly emerging from lockdown and normality is returning, Eid is over and people can get off their sofas, we are going to be focusing on healthy lifestyles in the next few weeks. This means we want children to walk to school, or to use their scooters and bikes and pedal to schools. We know that exercise makes us all feel better and we want to encourage children to become more active. Next week is Health week in schools and there will be the opportunity for parents to come to prearranged fitness sessions outside, so sign up and enjoy!
- Packed lunches should be healthy- we don't mind a cake/chocolate bar on a Friday but the other days you should be ensuring there is a balance of fruit, vegetables, protein and carbohydrates. You also need to ensure you send in utensils please to eat the food.
- When the sun returns we want children to be safe. So please make sure you apply sunscreen in the morning as well as sending in sun hats . Water bottles are supplied in school but if you want them to have their own from home, this is fine as long as it has their name on it.
- The school calendar is updated daily. We ensure all trips and clubs are put on it. Please make sure you review it regularly for updates.
- Some lovely news to end with, Miss Millar is getting married in the holiday. We hope she has a lovely day and the sun shines. We look forward to seeing some photos of the event.
- Please start booking appointments to see your child's class teacher about their work and progress. Reports will be sent out in July and children will be told their new class teacher then.
- **We break up on FRIDAY 28<sup>th</sup> MAY and return on WEDNESDAY 9<sup>th</sup> JUNE.** The first day back will be a lovely project day as we celebrate the life of Prince Phillip who would have been 100 on June 10<sup>th</sup>.

Stay safe and still wash hands and keep your distance.