



HIGH HESKET C of E SCHOOL (VC)

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Monday 10th June 2024

Dear Parents & Carers,

WELLBEING WEEK INFORMATION (including Sports Day) – Monday 24th June – Friday 28th June 2024

GENERAL INFORMATION

Every year we hold a 'Wellbeing Week' during the month of June and this year it is due to take place in the week commencing Monday 24th June 2024. The week includes a wide range of activities for the children to help them develop their physical and emotional wellbeing and the children will have an activity on most days. As a result, **we suggest that the children come to school dressed in PE kit/suitable sportswear for the whole week.** The children will still need to have their school uniform jumper/cardigan in school and we would ideally like any sports clothing to be as much in keeping with our PE kit requirements as possible, although we appreciate they may start running out of items as the week goes on so we will allow some flexibility. We would also ask that the children are prepared for all weathers as we will be outside as much as possible during the week.

WHOLE SCHOOL PROJECT DAY – Thursday 27th June 2024

Following the success of last term's whole school project day, we have incorporated a second project day into Wellbeing Week. On the Thursday, our children (Nursery-Year 6) will be organised in to their colour teams and each team will complete a carousel of activities during the day. It is a lovely opportunity to have the different age groups working together and we received some great feedback after the last session. As the children are working in their colour groups, **they are welcome to wear clothing or accessories in the colour of their team if they wish.**

SPORTS DAY – Reception to Year 6

We are excited to welcome those of you who can make it to our annual Sports Day afternoon on Wednesday 26th June 2024. The afternoon event will begin at **12.30pm** and the children will have had a school picnic lunch prior to starting. We expect the afternoon to finish by the end of the normal school day. Nursery children will have their own sports day event on a separate day.

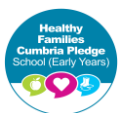
How will Sports Day be organised?

1. The afternoon will begin with a carousel of activities that the children will move round in their year groups. This will include a range of jumping, throwing and running activities and, although they are organised in their classes, the children will be collecting points for their colour teams. *The carousel will include the traditional sprint race that we have previously done at the end of the afternoon so get ready to cheer!*
2. Following the success of last year, the carousel will be followed by a whole school colour team relay race. The four colour teams will race against each other with every child who wishes to taking part. Please get ready to cheer on your child's colour team!
3. We will finish with a team point announcement and a trophy will be presented to the winning colour team.

What does my child need?

A reminder that your child will need the following:

- An item of clothing or accessory in their team colour (optional)
- Suitable clothing and footwear for participating in Sports Day (PE kit is welcome)
- Sun hat
- Water bottle
- Sun cream applied prior to school
- Additional sun cream for your child to reapply at lunchtime if required



Where will the spectators be located?

There will be an area of seating provided for anyone who wishes to use it and you are welcome to move the seats around to an area of your choice so long as it isn't in the path of one of the activities. You are also welcome to walk around to each activity to watch more closely. Please remember that we sometimes have a long-distance race for some of the older year groups around the edge of the field so please look out when you are moving around! If you have children in more than one year group, there are lots of different activity points so you will be able to move between the classes if you need to. The relay race will then take place within a marked area and adults are welcome to locate themselves along the edge to cheer on the children.

What will happen at the end of the event?

Once the Sports Day activities have finished, we will ask the children to return to their classes to collect their belongings and will then see them out from their normal end of day areas. If there are any changes to your child's collection arrangements, such as being collected by the parent of another child in the school, please let us know prior to the event so as we can make the class teachers aware.

We are very much looking forward to seeing lots of you there!

Key dates for the week:

All week – PE kits / sportswear required

Monday 24th June 2024 – Reception 'Pedal and Scoot' sessions

Tuesday 25th June 2024 – Reception 'Pedal and Scoot' sessions

Wednesday 26th June 2024 – Sports Day (*clothing or accessories in team colours optional*)

Thursday 27th June 2024 – Whole School Project Day (*clothing or accessories in team colours optional*)

Yours sincerely,

Mrs A Harvey

Headteacher