



FUN, FIT AND FRUITY WEEK 2017

Dear Parents and Carers,

This year our Fun, Fit and Fruity Week will be the week beginning 16th October.

Activities will include:

Year 3 - Healthy Eating, including learning to eat healthily and a visit to Tesco. The children will also be working with Year 5 and 6 on the subjects of road safety and conflict resolution. **Year 3 also have scooter training on Tuesday, so please send them in with scooters if they have one!**

Year 4 - Health and Fitness, including tennis, dance, fitness and road safety (see separate letter)

Year 5 - Emotional wellbeing, including a visit to the Baptist Church, mindfulness, and conflict resolution with Year 3. **(Visit to church - help needed, please see slip below.)**

Year 6 - Keeping yourself safe, 'Distractions' - a road safety activity, a visit from the fire service, education about drugs and learning about safety in the kitchen **(making a pizza - help needed - please see slip below)**. They will also be working with Year 3 on safe places to cross the road.

Other events include:



COOKERY COMPETITION, to be made at home and brought in on the appropriate day :

Year 3 - muffins on Monday, **Year 4** - fruit salad or kebabs on Wednesday, **Year 5** - bread based snacks on Thursday, **Year 6** - savoury salads on Friday.

Please only send in enough for 6 children to try eg. 6 cakes, we don't want any to go to waste. Please list ingredients on the container. REMEMBER NO NUTS.



BRIGHTENING UP OUR SCHOOL BY PLANTING BULBS AND WEARING BRIGHT CLOTHES - On Tuesday 17th children are welcome to wear bright clothes to school, and bring in a donation of £1 to go towards bulbs for our new planters:



PAINTING PLANTERS - We have been given 32 tyres that we plan to decorate and fill with bulbs ready for spring. **If you have any spare pots of paint in bright colours, please send them into school. We will also be looking for volunteers to help the children paint and decorate the tyres so if you could spare some time do**

please get in touch.



CYCLING AT LUNCHTIME - The School Council asked if children could bring in bikes during FFF Week, and cycle during their lunchtime break. What a great idea!

The **Year 6** day is Monday, **Year 3** is Wednesday, **Year 4** Thursday and **Year 5** Friday. (This will be weather dependent, but if children miss out, we will do it on another day in future.)





TUESDAY - Fun Run in Tring Park, 7.40am start, followed by breakfast. Please fill in the slip below if your child would like to take part in the fun run at Tring Park on Tuesday 17th October and we would love you to come along too. We also need parents to help with breakfast if you don't fancy running! Further details will follow for those who sign up.



EVERY DAY - Each class will be fitting in a mile a day, every day of the week.



FRIDAY - Healthy Tuck Shop at playtime (Please bring 20p - £1)



It is also **WALK TO SCHOOL WEEK**, so please could everyone walk or Park and Stride to school.

We hope the children enjoy their week of fun, fit and fruity activities.

Janet Reeve
Healthy Schools Coordinator

Patrick Ashton
PE Coordinator

Helpful aide-memoire for Parents / Carers for this busy week

	Monday	Tuesday	Wednesday	Thursday	Friday
		Before school Fun Run open to all			
Year 3	Muffins 3I 15 children to Tesco am	3B Tesco 15 children to am Wear Bright Clothes - £1 Scooters needed	Cycling on the field	3I 16 children to Tesco am 3B 15 children to Tesco am	Tuck Shop
Year 4		Wear Bright Clothes - £1	Fruit Salad / Kebabs	Cycling on the field Road Safety Training	Tuck Shop
Year 5	Church Visit	Wear Bright Clothes - £1		Bread based snacks	Cycling on the field Tuck Shop
Year 6	Cycling on the field	Wear Bright Clothes - £1	Pizza Making		Savoury Salads Tuck Shop

FFFW Slips to return to Bishop Wood

Fun Run

PLEASE RETURN BY MONDAY 9TH OCTOBER AT THE LATEST

Name of Child _____ Class _____ would like to take part in the Fun Run in Tring Park _____ (Please include £1 for breakfast)

HELP

Please indicate if you can help us as a runner or with the breakfast

I can help with the run I can help with breakfast

Signed _____

(Please let us know if your child has special dietary requirements if they are staying for breakfast)

YEAR 5 CHURCH VISIT - HELPERS NEEDED - MONDAY 16TH OCTOBER

PLEASE RETURN BY MONDAY 9TH OCTOBER

I am able to help accompany Year 5 to the High Street Baptist Church on Monday 17th October.

5F - 9.45 - 11.10

5R - 10.45 - 12.10

Signed _____ Child _____ Class _____

YEAR 6 PIZZA MAKING - HELPERS NEEDED - WEDNESDAY 18TH OCTOBER

PLEASE RETURN BY MONDAY 9TH OCTOBER

I am able to help with pizza making on the afternoon of 18th October.

Signed _____ Child _____ Class _____