



Bishop Wood C of E Junior School

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Mr G Stanley, Headteacher

12th October 2021

FUN, FIT AND FRUITY WEEK 2021

Dear Parents and Carers,

This year our Fun, Fit and Fruity Week will take place in the week beginning 18th October. Please could children wear their PE kit on Monday, Tuesday and Friday. On Wednesday they are invited to wear **RED** and on Thursday bright clothes especially **YELLOW!**

Activities for the week will include:

YEAR 3 will focus on Healthy Eating, including learning to cook and eat healthily. The children will also be taking part in an online Road Safety activity.

Scooter Training will take place on Wednesday 20th, please send them in with scooters if they have one.

Pupils can take part in a Scooter Scramble at 8am on Wednesday 20th in the school grounds. Please sign up on Gateway and remember to bring breakfast!

YEAR 4 will focus on Health and Fitness, including Irish dancing, a healthy heart activity and Road Safety.

Pupils can take part in a Bikers Breakfast at 8am on Thursday 21st in the school grounds. Please sign up on Gateway and remember to bring breakfast!

YEAR 5 will focus on Emotional wellbeing, including a visit to the St Peter and St Paul's Church, Yoga (by Pauline from Tring Yoga), and a visit from a clarinet player.

Pupils can take part in a Bikers Breakfast at 8am, on Tuesday 19th in the school grounds. Please sign up on Gateway and remember to bring breakfast!

YEAR 6 will focus on keeping themselves safe, including an online road safety activity, education about drugs, and learning about safety in the kitchen. Bikeability will also take place this week.

Pupils can also take part in a Fun Run on Monday 18th at 7.45am in Tring Park. Please sign up on Gateway and remember to bring breakfast!



Other whole school events include:



SHOW RACISM THE RED CARD – On Wednesday, all classes will be doing some activities linked to this, and are invited to wear **RED** clothes. A suggested donation of £1 on the day for the charity would be greatly appreciated. Further information regarding the charity can be found [via this link](#)



ELECTRIC UMBRELLA - On Thursday, our friends from Electric Umbrella will be visiting us to share their joyful music. Children are invited to wear bright clothes (**especially yellow!**). A suggested donation of £1 on the day for this charity would be greatly appreciated. For more information on Electric Umbrella, please [follow this link](#)

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! So:

- Year 3 – Monday lunchtime cycling
- Year 5 – Tuesday lunchtime cycling
- Year 4 – Thursday lunchtime cycling
- Year 6 – Friday lunchtime cycling

This will be weather dependent, but if children miss out we will re arrange another day in future.

HEALTHY TUCK SHOP - Wednesday 20th at break time - please could children bring small change on the day 20p - £1



It is also our **WALK TO SCHOOL WEEK**, so please all walk (cycle or scoot) or Park and Stride. The Active Travel Ambassadors will let you know some activities to do while you walk!

Janet Reeve (Healthy School's Co-ordinator)

Overview of Fun Fit and Fruity Week 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School	Year 6 7.45am Fun Run -Tring Park remember breakfast	Year 5 8am Biker's Breakfast remember breakfast	Year 3 8am Scooter Scramble remember breakfast	Year 4 8am Biker's Breakfast remember breakfast	
Year 3	Cycling on the Field at lunchtime		Scooters for training and Scooter Scramble if you have them		
Year 4		Road Safety Training	Road Safety Training	Road Safety Training Cycling on the Field at lunchtime	
Year 5		Cycling on the Field at lunchtime		Church Visit	
Year 6	Bikeability	Bikeability	Bikeability	Bikeability	Bikeability Cycling on Field at lunchtime
ALL YEAR GROUPS			WEAR RED – Show Racism the Red Card Suggested donation of £1 HEALTHY TUCK SHOP (20p-£1)	WEAR BRIGHT CLOTHES – Electric Umbrella Suggested donation £1	