



Bishop Wood C of E Junior School

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Mr G Stanley, Headteacher

Thursday 9th October 2025

FUN, FIT AND FRUITY WEEK 2025

Dear Parents and Carers,

This year our 'Fun, Fit and Fruity Week' will be taking place from 20th – 24th October.

Activities will include:

Year 3 - Healthy Eating.

The children will also be working with Year 5 and 6 on the subjects of Road Safety, and Conflict Resolution. They will have scooter training on Wednesday 22nd October, and will also take part in a workshop with Electric Umbrella.

Year 4 – Health and Fitness.

This will include Zumba with Sapphire (our Cheer Leading teacher). Road Safety Training will be taking place the week after half term.

Year 5 - Emotional Wellbeing.

This will include a visit to the church for reflection activities, a workshop with Electric Umbrella and Conflict Resolution with Year 3

Year 6

Year 6 will be working with Year 3, teaching them about active travel and Parking and Striding. Bikeability for Year 6 will take place in the summer term.

Other events for the whole school include:

An Electric Umbrella Concert!

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!

Day	Year Group
Monday	Year 5
Tuesday	Year 3
Thursday	Year 4
Friday	Year 6

This will be weather dependent, but in the case of inclement weather we will rearrange the day so they do not miss out.

Fun Run in Tring Park – Wednesday 22nd October



He came so that we can 'be the best
version of ourselves, enjoying life in all its
fullness.'



This will start at 7.45am and be followed by a packed breakfast brought from home by the children, which we will hopefully have in the park, weather permitting! We would love parents / carers to come along to help and run with us too. Please sign your child up on the Gateway by Friday 17th October and please add in the comments section whether you are able to join us.

Bikers Breakfast – Thursday 23rd October

Fun activities start at **7.50am** in the school grounds, then breakfast will be served outside, weather permitting! **Please sign up on the Gateway by Friday 17th October, and add in the comments section whether you would be able to help with breakfast or supervising activities. We would also be grateful for £1 for the breakfast – please could your child bring it on the day.**

A Mile a Day Every Day!

Each class are planning to fit in a mile a day, every day of the week.

Playtimes

Year 6 will be organising some fun activities on the top playground.

Healthy Tuck Shop – Friday 24th October (Please bring 20p)

Walk to School Week

Please could everyone make an effort to walk or Park and Stride this week. The Active Travel Ambassadors will plan some fun activities linked to this.

If you have any expertise in a healthy, fitness field that you would like to share with any year group, please do get in touch. Some of the activities that we have undertaken in the past are not available due to cuts in the Council's budget and we would love to hear from you.

Janet Reeve (Healthy School's Coordinator)

An Overview of Fun, Fit and Fruity Week

	Monday	Tuesday	Wednesday	Thursday	Friday
Fun Run in Tring Park 7.45am			All Year Groups		
Biker's Breakfast 7.50am				All Year Groups	
Cycling on Field	Year 5	Year 3		Year 4	Year 6
Tuck Shop					All Year Groups
Scooter Training			Year 3		
Visiting Baptist Church					Year 4

WALK TO SCHOOL WEEK – PLEASE WALK OR PARK AND STRIDE EVERY DAY!
