

Dear Parents,

Next week is 'Keeping Healthy Week' and we have organised a variety of activities and events over the week to help raise awareness for the importance of keeping healthy.

### Keeping Healthy Art Competition

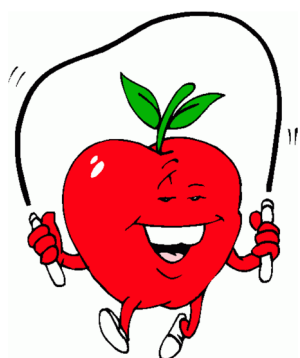
Our School Council are holding an art competition, the subject being keeping healthy. Artwork will be judged on Thursday afternoon and winners from each class will be announced in 'Celebration' assembly. Look out for details and see the Council Reps and Miss Mani for further information.

### Eating a Rainbow of Fruit and Vegetables - Celebrating the Importance of Variety



It is wonderful to report that many of our children bring in lots of healthy fruit and vegetable choices every day as part of their snacks and lunches. Over the week, we will focus on promoting how our bodies benefit from a wide variety of these, learning about how each one provides us with different vitamins and minerals.

- **Fruit Log - How many different colours of fruit and vegetables does your child usually have over the week?** The children will participate in a daily data handling activity, recording the different fruits and vegetables they have brought in their snacks and lunches. What new choices might you try to include during this special week to add more variety? Older children will learn in more detail about the nutritional value of different coloured fruits and vegetables – with guest speakers and activities promoting why a variety of these is beneficial.
- **Fruit Frenzy** - Each day at snack time, a class will share nutritional facts about a fruit or vegetable with the Year 1-6 children and have a tasting session. PS/JK and K children will also have their own fruit art and tasting sessions during the week. Please see your child's teacher to find out what fruit or vegetable your child could donate so that everyone can share a part of it during the tasting session.
- **Fruit Surprises** - On Friday Year 6 hope to celebrate the importance of variety by creating and selling a fruity snack! All proceeds will go towards their end of year trip fundraising.



### Early Morning Fitness Sessions

On Wednesday at 8:30 AM fitness trainer, Jo Gray will get our hearts pumping with a short aerobic workout. All children should have on their sports shoes ready for action. It would be great if some parents could join us too – mums and dads - promoting a healthy start to the day together with their child.

## Building skills and Promoting Sportsmanship on the Soccer Field

Matthew Green from the TCIFA has kindly volunteered to come in on Monday and Wednesday lunchtime sessions to help develop soccer skills, and promote positive sportsmanship on our soccer field. Let us know if you too would like to help out during a session or two.

Soccer is one of our PE units after Mid-Term and we have organised for Matthew to lead a coaching workshop with our KS2 teachers in preparation for this. He and colleague Sarah Cenary will continue this by supporting our lessons and working together with the children and teachers on the TCIFA soccer field each week.



## Park and Stride



Walking all or part of the journey to school is a great way for children to get fit and active. So why not park the car up at IGA or at the Sports Centre and walk the last bit of the journey together with your child?

**Walk to School Tuesday and Thursday** - We will have special walk to school days on Tuesday and Thursday morning. Let's see how many families and teachers can join us. Teachers are willing to supervise children who would like to join in but are unable to have a parent to accompany them. Meet at the Ceramex car park at the top of the hill. We will leave at 8:00 am so you'll have to catch us up if you are late!

Our younger members of the school in PS/JK will do a special walk around the school.

## Year 3 – 6 Sports Day

Come and support our Year 3 – 6 children at their Sport's Day, on **Friday from 9:15 to 10:45 AM** at the National Carifta Track Stadium on Venetian Road. Concluding a half term of Athletics, join us as the children demonstrate their jumping, throwing and running skills in a variety of individual and team events. Please ensure that your child eats a hearty breakfast to help give them the energy to achieve their personal bests. An extra PE session will take place on Wednesday morning so remember your PE kit and shoes.



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## Developing Healthy Spine Habits



BACKPACK SAFETY

Chiropractor, Dr Craig Zavitz, will lead an assembly on Friday afternoon on how to prevent potential back pains caused by overloaded and incorrectly worn backpacks. He also will introduce his three-minute 'Straighten Up Turks and Caicos' spinal health programme, which is designed to encourage children to feel and look their best.

For further details about what your child's individual class will be doing over the week, please look out for information by the classroom door, or ask your child's teacher.

As always, any support and help you can give us and the children during the week will be much appreciated! We thank you in advance for your support!

**Provo Primary Staff**