



# St. Anne's Primary School

## Health & Fitness Week May 13 ~ 17



Next week we are celebrating Health & Fitness Week. This coincides with national Walk-to-School week and our focus for this year will be **Road Safety**.

Pupils should wear P.E. uniforms all week (and something on Thursday that matches their school team).

We have organised a series of daily lessons and events and, in class, children will be involved in a variety of Road Safety activities. You too can help in a number of ways:

- By walking or cycling **to and from** school (if you have to take a car, why not park at The Moat Spar or The Commons and enjoy a walk from there?) ;
- Helping to prepare a healthy break / lunch, no chocolate bars, cake or iced doughnuts, for example.
- Supply your children with water bottles (with sports caps, not screw tops);
- Helping your child complete their Road Safety homework;
- Volunteer to help Anita at our Breakfast Club (free if parents don't bring their cars to the school gates),
- By making donations of cereal / milk / bread & time for our Breakfast Club;
- Come along to our Sports Day on Thursday 16 May, 11am ~ 12.30pm. All Reception ~ P3 children will go home at 12.30pm.

### **Cycling Proficiency**

Every two years we run our cycling proficiency course for P6 & P7 pupils; this course is not to teach pupils how to ride a bike, rather it is designed to help pupils ride safely and to prepare for cycling on the road (we will not actually be going on to the road!). It is free of charge and will begin next week. Bikes can be left at school for the 6 weeks (school grounds will be locked at night but it would be wise to include your own bicycle lock as well).

Requirements: bicycle in good working order (brakes, tyres, bell, height, etc), helmet, and be able to ride a bicycle.

Dates:

**Thurs. May 16; Wed. May 22; Wed. May 29;**

**Wed. June 5; Wed. June 12; Wed. June 19.**