



# LIONEL WALDEN PRIMARY SCHOOL



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31<sup>st</sup> January 2022

Dear Parents/Carers

## HEALTHY WEEK 7<sup>TH</sup>- 11<sup>TH</sup> FEBRUARY 2022

Healthy Week is an annual event at our school when all pupils are encouraged to participate in a wider range of physical activities, both in and out of school, as well as learning about how to care for their minds and bodies. Lessons focus on the benefits of regular exercise, practising good hygiene, a healthy diet, the importance of sleep and maintaining positive mental health. Pupils will be encouraged to share their experiences of sports clubs they attend out of school.

Miss Bennett, Year 4 Teacher and PE Subject Lead, organises events for the week and liaises with staff. She will start the week off with a whole school 'Keeping Healthy' quiz via Teams. This year, we are holding a 'Wellbeing Wednesday' when specialist coaches from ImproveIt, a company we use regularly in school to support the development of PE, will lead sessions which include mindfulness and yoga. Thank you to Mrs Shepherd who will be leading online Zumba sessions, FE Fitness who have provided plans for circuit sessions and the Chatteris Tang Soo Do Club who have provided us with a video which will enable us to practise some of the specific moves.

As the children are going to be more active each day, we kindly ask that they come all week wearing **suitable PE kit and with a change of footwear**, in a named bag, should it be particularly muddy outdoors. Please ensure earrings are removed and long hair is tied back.

Our normal lunchtime activities, led by Imogen James of Active Play Education, will continue. The children enjoy playing Chaos Tag, Hoop Ball and Physical Pacman. Imogen is also leading Hockey sessions with Years 3 and 4 this half-term. Years 1 and 2 are developing a variety of skills during their Friday morning Rugbytots sessions. Year 4 are swimming on a Friday afternoon this half-term; Y5 will be swimming next half-term.

Please find below links to various websites which you may find useful for half-term activities.

If you have any questions, please do not hesitate in contacting the School Office.

Yours sincerely

*S A Barnard-Taylor*

Mrs S A Barnard-Taylor  
Headteacher



## Links to Healthy Week

**Mental Health/ Positive Mindset - videos and follow up activities (age 5-11).**

[Free resources to support mental wellbeing in schools | imoves](#)

**Yoga bugs - videos to follow (preschool through to adults)**

[yoga bugs - YouTube](#)

**Movement Patterns/ Sequences (All Ages)**

[Physical Education KS1 / KS2: Let's Get Active - BBC Teach](#)

**The Learning Station (active breaks)**

[Shake Your Sillies Out 🎵 Brain Breaks and dance for Children 🎵 Action Songs by The Learning Station - YouTube](#)

**Healthy Eating (toolkits for all ages)**

[Food Detectives KS2](#) toolkit | [PHE School Zone](#)

**Healthy Food Preparation**

[KS2-Cooking and nutrition | STEM](#)

**Orienteering Activities**

[British Orienteering](#)

