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Headteacher: Mr Martin Fallon

Dear Parents and Carers

Monday 24 June is the start of our fifth Health Week and we have again planned a range of learning linked to this year's theme of **'Healthy inside and out'**. We are focusing this year on the well-being aspect of health and our week will include an assembly and learning about sleep, teaching about a digital 5-a-day, workshops on emotions and learning about relaxation. As usual, each year will focus on **relationships education**, including the NSPCC Underwear Rule, and upon healthy eating. Our school catering service are promoting a **vegetable of the day** with dishes which will include, for example, tuna and spinach pasta bake on Spinach Monday. Please see posters and menus for further details. There will be healthy snacks available from the snack bar before school for those requiring a 'second chance breakfast'.

Beginning on Monday 24, and continuing throughout the week, will be the return of **The Mosborough Park 'n' Stride**. Local pubs have once again agreed to allow parking in their car parks so that as many families as possible can enjoy a healthy walk to school. If you park at The British Oak, The Royal Oak or Mosborough Miners between 8.15 and 8.30am, you will receive a brightly coloured wristband before beginning your walk. Walk every day to collect a rainbow of wristband colours!

Once again, we are keeping our fingers crossed that Friday June 28 will see the sun shine down upon us on our **whole school walk to Ridgeway**. We will be fundraising for **Sheffield Children's Hospital** on this day and ask for a donation of £1.00 per child to complete the walk in non-uniform. If you could support us in this fundraising initiative, suggested by a Y6 pupil after she had attended the hospital, we would be absolutely delighted.

We enjoyed dressing in our rainbow colours so much last year, and looked so amazing, that we will again be asking the children to dress in a rainbow colour. How 'rainbowy' you dress is entirely up to you!

Y2 Violet
Y1 Indigo
FS2 Blue
Y3 Green
Y4 Yellow
Y5 Orange
Y6 Red

Walk details: Y2 will be setting off at 11:15 am, followed by Y1, FS2, Y3, Y4, Y5 and Y6. We do, of course, invite as many parents and grandparents as possible to join us on this lovely occasion and welcome you at school between 11:00 and 11:15 am to accompany us on the walk. We aim to be back in school by 2:30 pm. Children will be eating lunch on Ridgeway field and so will need a drink, packed lunch and a suitable bag for carrying items. Comfortable footwear and appropriate sun/rain protection will be essential. Long trousers are also advisable for protection against any longer undergrowth – we know from previous years



We are really lucky that we are able to use the field at Ridgeway. However, both Ridgeway School and the committee who maintain the sports field have requested that we keep cars to an absolute minimum so there is as little impact on both the school and users of the community room as possible. If you have no option other than to arrive at Ridgeway by car, then it is essential that you do not park on the grass (including parking with two wheels on the grass verges). We are sure that everyone will respect this request from Ridgeway.

Further information: as part of our theme – Healthy inside and out – we will be asking children to take part in a **digital sunset challenge**. We are asking the children to turn their devices off at least an hour before bedtime and do something else instead. We would love to hear how they have spent their time. The children will have a home-school record book to monitor power off times and all completed record books will be entered into a prize draw. Additionally, there will be a second sticker book to chart all the sporting activities the children engage in after school each day during the week. All completed activity charts will also be entered into our prize draw!

Other activities include Y1 and Y2 scooter skills, handwashing and germ trail activities in Y3, and bike skills in Y4!

We hope that our health week is a hugely enjoyable and informative week for the children. In celebration of the week, MPG have kindly bought the children an eye mask to decorate and stickers and other resources for learning during the week. The children will also be creating their own mindfulness jars to take home. If you could send in **small plastic bottles** to make mindfulness jars from, it would be much appreciated. Please send plastic bottles into school from Monday 17 June – there is an image below showing the ideal size of bottle – it doesn't need to be exactly this but smaller bottles are preferable to 500ml ones.

If you have any further questions please don't hesitate to contact your child's class teacher.

Yours sincerely

Suzanne Napier
PSHE Co-ordinator

