



The Grove Primary School

Campkin Road, Cambridge. CB4 2NB

Tel: 01223 577017 Fax: 01223 577018

Email office@grove.cambs.sch.uk Web www.thegroveschool.net

Headteacher Ms Karen Martin

Healthy Living Week Week beginning 28th January 2019



As we indicated in the January newsletter, next week is going to be Healthy Living Week. Below is further information about the events going on in next week's Healthy Living Week.

5-a-day

At The Grove we currently subscribe to an online fitness resource which is used across the school to increase physical activity for all. We now want to give children and their families the opportunity to use this resource at home! It is free and simply requires a computer or tablet and a small, clear space. Use the address below to login or click the link on our school website.

USERNAME: the-grove-school-cb42nb-home

PASSWORD: CS47o5As

Please visit <http://www.5-a-day.tv>



IMPORTANT ACCOUNT INFORMATION

* PARENTS/CARERS MUST NOT FORWARD OR SHARE THIS EMAIL

* DO NOT share these login details with anyone outside of your home/immediate family. If we are aware that this is happened we will have to block your family's access to the resource.

* Please use appropriate supervision and monitor your child's/children's online activity when using 5-a-day Fitness.

KS2 Tuckshop

Each day next week Year 5 pupils will be helping to run a Tuck Shop to offer healthy snacks to the KS2 pupils at breaktime. **All snacks will be priced at 20p** and will include options such as fruit, yogurt and cheese. In order to help this run smoothly please ensure you send your child in with the correct money.



Healthy Living Record

Each child will receive a Healthy Living Record to complete throughout the week looking at the activities they perform outside of school that contribute to staying healthy. Each activity performed will count as one point. Please help them to complete this and bring it in each day so that the data can be recorded in a whole class record. There will be a prize for the highest scoring pupils and class so please remind you children to hand the completed records into the class teachers on Monday 4th February.

Golden Mile

This week we will be launching the 'Golden Mile'. This is national wide initiative for schools to up the physical activity within school. Children and adults will use the track painted on the KS2 playground to 'clock' miles with their class and at breaks and lunchtimes. Individuals can complete this at their own pace although they will be encouraged to challenge themselves as they improve in fitness. As this develops The Grove will enter their data onto an online database so they can compete with other schools. For your chance to see this in action and complete your own 'Golden Mile' come along on Monday 4th February at 8am with our Premier Sports leaders.



Visiting Athlete

On Thursday afternoon we will be joined by Laura Samuel, a 5x British Champion, 3x Indoor British Champion, 2014 Glasgow Commonwealth Games Silver Medallist with a personal best of 14.09m. Laura is also a personal trainer and she will talk to the children about how she has used her passion to help with her career, she will also talk about any obstacles she has had to overcome to reach her goals. During the afternoon, Laura will be supporting each class in completing a multi-activity circuit. Hopefully you have been helping your child to collect in their sponsor money for this event! Please send all money in by Monday 28th January to help support athletes in training who need funding to achieve their potential.



Come to school in your Sports Wear – Thursday 31st January

As all the children will be taking part in a multi-activity circuit during the course of Thursday we thought it might be nice if everyone (children and adults) came to school in sportswear. It can be as simple as joggers, sweatshirt and trainers or children might want to dress as their sporting hero or in sports wear that reflects activities that they are currently involved in. The choice is theirs. Please bring in a £1 which will be donated to a local charity.

Healthy Lunch Boxes

In January 2015, the government launched a new set of standards for food served in schools. As part of the new standards, caterers must provide a variety of vegetables or salad every day, wholegrain foods must be available, and fried food and foods that include pastry must be limited to two portions a week.

In a study in Leeds, researchers who surveyed 1294 children from 89 schools in the UK found that 82 per cent of lunchboxes contained foods high in saturated fat, salt and sugar such as crisps, sweets and biscuits. Only one in five packed lunches contained any vegetables or salad and about half included an item of fruit. This study also found that only one in 100 pupils' packed lunches meet the basic dietary standards that school meals provide.

We know that our school lunches are a healthy option for our children and meet the national standards.

We now want to find out whether the packed lunches that children bring to school meet the dietary standards. To do this we will be conducting a packed lunch audit throughout the week. This information will be collated anonymously and the results shared with you once analysed.



We are looking forward to our Healthy Lifestyle Week please do try to encourage your child by asking them about the week and reflecting as a family on how you promote a healthy lifestyle in your home.

Any questions, please ask your child's class teacher.

With regards

Mrs Wells
PE leader