

# Barnes Farm Junior School

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## HEALTH WEEK

**Monday 29<sup>th</sup> June -  
Friday 3<sup>rd</sup> July**

We are launching our Health Week Monday 29<sup>th</sup> June - Friday 3<sup>rd</sup> July 2015 to raise the awareness of developing even healthier lifestyles here at Barnes Farm.

Here are some of the FREE events lined up:

- ✚ A visit for all pupils from 'Lenny the Lion' in an assembly to kick start the week
- ✚ Y3/4 'Circuit-Style' Fitness sessions led by Lindsey Abbott from Shimmy 'n' Groove
- ✚ 3:15-4:15pm Monday After school fun circuit session for **Y5/6 only** (see sign up slip below)
- ✚ Nutritionist Mrs Sameera Howard is providing key nutrition advice to Y3-6 pupils
- ✚ Essex County Fire Rescue are providing a 'stay safe' assembly on Thursday morning

Friday 3<sup>rd</sup> July is the culmination of Health Week with our **Sports Day**. This is a non-uniform day and has the following arrangements:

- Children to wear a coloured top to indicate their house as well as their PE kit.
- **Griffin** - Yellow      **Phoenix** - Red      **Pegasus** - Blue      **Dragon** - Green
- Please ensure they also have a hat and a water bottle. Please apply sun-cream **before** the start of the day.
- Parents are welcome to support the competitive races in the morning which will begin at **9:30am** on the field. These are the finals of heats which have happened in class.
- Parents also welcome to support the afternoon universal participation events which begin at **1:30pm** on the field.
- In the event of bad weather, we will inform you via text and Twitter. Our reserve Sports Day is Monday 6<sup>th</sup> July.

The staff and pupils are looking forward to sharing Health Week with you. I would like to give a huge thank you to Mrs Vickers for co-ordinating all of these events.

Regards,

Mr McTaggart - Headteacher

Child's name:

Class:

I would like my child to take part in the Y5/6 Fun 'circuit-style' fitness session on Monday 29<sup>th</sup> June 3:15-4:15pm.

Signed:

Date: