

Heads2Home

19/05/2017

Healthy Schools Week 2017

Next week is Healthy Schools Week and at school we will be looking at healthy bodies and minds. Below are some opportunities that are in the community for adults.

Active Billing Community Project

Being even a little bit active can have massive health gains! In the Billing area, the Active Billing Community project is offering more opportunities for people to get up and get active for little or no cost!!

Billing Joggers

A friendly beginners jogging group that meets every Monday (not bank holidays) at Belling Community House for a light jog around the local area. No jogging experience required!

Venue: Meet at Belling Community House (Fieldmill Square, NN3 9AQ)

Day: Every Monday

Time: 6.00pm

Cost: FREE!

Active Billing Community Health Walk

A 40 minute walk around the local area led by a trained walk leader at a pace to suit participants. There is also the option to complete an extended walk (an additional one hour) should you feel the need to get lots of fresh air!!

Venue: Meet at Belling Community House (Fieldmill Square, NN3 9AQ)

Day: Every Monday

Time: 11am or 11.45am for the extended walk

Cost: FREE!

Chair Based Activity for All

A new session set up due to the request of local residents, this Yoga inspired session is highly inclusive, especially appealing to those with reduced mobility.

Venue: Meet at Belling Community Centre (Fieldmill Square, NN3 9AQ)

Day: Tuesday for 6 weeks from **Tuesday 20th June 2017**

Time: 1.30-2.30pm

Cost: £2.50 per session

Health Walks and Chair Based Activity will be followed by tea and coffee afterwards.

No need to book these sessions, just turn up - but if you would like some additional information, please contact:

Lucy Alexander – lucy.alexander@firstforwellbeing.co.uk or call 07841784264

Uniform Orders

If you would like to order school uniform the last date for ordering for delivery before the end of term is Friday 9th June. Please collect order form and return with payment from the school office.

If your child has grown out of their uniform and it is still in good condition please bring it into school as we are always looking for recycled uniform.

Year Group Assembly Dates

Year 1 - 26th May

Year 2 - 16th June

Reception Year - 23rd June

Year 6 Leavers assembly - 21st July

Sickness Bug

A number of children and adults have been affected by a sickness bug which seemed to peak overnight on Thursday. We had a couple of cases on Thursday but this number was greatly increased on Friday. We have talked to all of the children and reinforced hand washing and hygiene rules. Door handles and other areas which pupils all touch have been cleaned with antibacterial cleaner and we have antibacterial gel available in all classrooms. If your child is affected by this bug please ensure they stay off for 48 hours rather than the usual 24 as this is the advice we have received by Public Health England.

Both sites will have a thorough deep clean over the weekend to try to limit any further spread of infection.

We hope to stay healthy with these measures.