



29<sup>th</sup> January 2018

Dear Parents and Carers,

The week commencing **5<sup>th</sup> February 2018** will be our **'healthy week'**. We have planned lots of fun activities for the children and you to join in with. In school we will be completing lots of new challenges and learning about how we can all have a healthy start to 2018 and we would love for you to join in as much as you can with some exciting events we have planned.

To start the week off... on **Monday 5<sup>th</sup> February** all of the school will be having a **'Fruit and Vegetable Day'**, children are invited to come to school dressed as a fruit or vegetable. We do not expect you to go out and buy new clothes, you can simply wear clothes the colour of a fruit or vegetable or ... you can be as creative as you like! In classes we will be tasting some new fruit and vegetables. On this day **please bring a contribution of £1 for healthy week**. We will be inviting parents and carers of children in Reception, Years 1, 2, 4, 5 and 6 to join their children for a **'mindfulness colouring and healthy breakfast'** session. Please come and join your child's class from the start of the day until 9.15am!

On **Tuesday 6<sup>th</sup> and Wednesday 7<sup>th</sup> February 'LiveLoveHoop'** will be visiting all classes for a hula hoop class to build self-confidence, fitness and hand-eye coordination, becoming hoop stars! **After-school on Tuesday 6<sup>th</sup> and Wednesday 7<sup>th</sup> February** there will be drop in family sessions for those that wish to get fit and have fun with your children from 3.15-3.45pm. Please enter via **the community entrance**.

On **Tuesday 6<sup>th</sup> February** we will be having our own **'Crescent Cooking Community Challenge'** workshops with parents and children at 9am and 2pm where you will make a delicious breakfast or super healthy dinner to enjoy. **There are only 25 spaces per session and places will be allocated on a first come, first served basis, so make sure you return the form straight away to the office.** We will send confirmation to the lucky parents! Please enter via **the community entrance**.

On **Wednesday 7<sup>th</sup> February** we will be inviting parents and carers of children in Year 3 to join their children for a **'mindfulness colouring and healthy breakfast'**. Please join your child's class from the start of the day until 9.15am!

On **Thursday 8<sup>th</sup> February** we will be completing a **sponsored hula hoop-a-thon** as a school. All children and staff will be completing a sponsored hula hoop-a-thon for 5 minutes of continuous hula hooping. We will ensure that during school hours someone is always hula-hooping! All money raised will go towards new PE equipment for summer sports, a separate letter has been sent about this event. Your child will receive a certificate once they have returned their sponsor form and money to the school office.

On **Friday 9<sup>th</sup> February** the **'inflatable assault course'** will be returning from previous years along with a smaller one for younger children. **Come and have a go after-school 3.00-4.00pm**. Enter via the community entrance.

Please ensure that **your child has their PE kit in school for the entire week** as they will need this.

We are all looking forward to a fun week which we hope will be a brilliant start to a healthy 2018 for all families at The Crescent Primary School.

Many thanks,

Healthy Week Team

**Headteacher: Mrs J Fairhurst**

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## The Crescent Cooking Community Challenge

I, \_\_\_\_\_ would like to attend the Crescent Cooking Family challenge.

I would like to attend with my child/children:

Name: \_\_\_\_\_ Class: \_\_\_\_\_

Name: \_\_\_\_\_ Class: \_\_\_\_\_

Name: \_\_\_\_\_ Class: \_\_\_\_\_

Please circle the session you would like to attend (you may only attend one of the workshops):

**Tuesday 6<sup>th</sup> February 2018 at 9am**

**Tuesday 6<sup>th</sup> February 2018 at 2pm**

Contact number: \_\_\_\_\_

Contact email: \_\_\_\_\_

Signed parent/carer \_\_\_\_\_

**Once all of the places are filled, if you are successful, we will send you a letter confirming all of the details.**

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