

Witton Church Walk CE Primary School  
Church Walk, off Chester Way,  
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*'Where Every Door is Opened  
and Every Gift Unlocked'*

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6<sup>th</sup> June 2017

Dear Parents and Carers,

As a school, we are committed to teaching the children about the importance of healthy minds and healthy bodies and to get the children thinking and taking responsibility for their own health, we have organised our annual Healthy Schools Week. This will take place during the week of Monday 12<sup>th</sup> June to Friday 16<sup>th</sup> June.

As part of our Healthy Schools Week we have invited HEARTSMART to launch our new PSHCE curriculum in assembly on **Monday 12<sup>th</sup> June at 9:00- 9:30.**

HEARTSMART is 'a resource that builds resilience, emotional intelligence and active empathy in the hearts of children. It is a creative way of enabling children to adopt a growth mind-set whilst maintaining a healthy emotional epicentre. It works on the idea that meaning comes from relationships and every child is worthy of relational connection. HEARTSMART is therefore about loving and accepting ourselves as well as loving and responding well to others.'

In the assembly, children will meet Boris, HEARTSMART's very own purpose-built Robot. Boris provides a fun, interactive and dynamic way for children to explore their hearts, the very thing that makes them unique.

Our staff will have been fully trained in the delivery of HEARTSMART and the principles behind it and after the assembly our middays will be completing the training so that the principles and language are woven throughout our whole school day.

We would like to warmly welcome you to our assembly, to come and meet Boris and discover our new PSHCE curriculum.

We have also planned a busy week for your children and this year they will enjoy and access a mix of activities, such as:

- taking part in Zumba
- practising mindfulness and yoga
- investigating and learning about oral hygiene
- celebrating our Plot, Plant, Plate curriculum and preparing and cooking our school grown vegetables
- the launch of our new PSHCE curriculum with HEARTSMART, which builds resilience, emotional intelligence and active empathy in the hearts of children



- learning how to keep clean and building positive relationships
- competing against other schools in the local area, taking part in sports such multi skills
- football training from a FA coach
- coaching from a basketball coach

The week will end with a fantastic event, The GREAT GET TOGETHER PICNIC

With your co-operation and support, we are confident that Healthy Schools Week will be a great success and the children and staff will have an enjoyable week.

Please could you ensure your child/children have their PE kits in school all week. Our PE kit is a white t shirt, navy blue shorts and trainers or black pumps.

Kind regards

Mrs L Westron

