



Hartpury C of E Primary School

NEWSLETTER



12th JULY 2019

HEALTH AND WELLBEING WEEK

Monday – Skipping Day

Dan the Skipping Man demonstrated to all the children through the day how skipping can benefit both our bodies and minds. To be able to skip takes concentration and endurance, and it was wonderful to see so many of the children at Hartpury showing these qualities. Dan's skipping assembly at the end of the day to children and parents demonstrated how successful many of our children had been in picking up various skills relating to many skipping challenges. Finally, it was a real delight during break and lunch duty on Tuesday to see over half the school skipping with their friends on the playground.

Tuesday – Experiences Day (Caving, Rock Climbing, Zumba, Dance, Smoothie making, Archery)

Tuesday provided all the children with a variety of experiences. Caving and rock climbing allowed many children to either excel in their ability to scale the height of the rock or manoeuvre through the cave at speed. However, for many children it was an opportunity to overcome a fear, and it was wonderful to see many worried faces turn to smiles as they achieved small steps through the cave and up the rock under the watchful and supporting eye of all their friends.

Archery brought a measure of accuracy and concentration to the day, however, this was in stark contrast to our two high impact activities of Dance and Zumba.

Our professional dance tutor had the children strutting their stuff almost immediately after they entered his workshop. The music was loud and the pace was fast, but all the children had a fantastic work-out and a wonderful time. The smiles continued as the children were taught all about the history of Zumba and a variety of energetic Zumba moves. Finally, we had our Smoothie Workshop. Here the children chose from a huge selection of fruit that they wanted to make their smoothie out of.

They then had to chop and prepare the whole drink. However, the final challenge for them was to whip the smoothie into a drink, and to do this they had to generate their own power by pedalling as fast as they could on our special smoothie making bike. Everyone agreed, it's so much more fun drinking your smoothie when you've made it and whipped it up yourself!



Wednesday – Individual Class trip/activity day

Class 1 and 2 had lots of fun burning energy whilst enjoying the inflatable obstacles, assault course, football shooting and taking part in gladiator battles. The afternoon was more relaxed with a meditation session, peer massage and then making glitter bottles to take home.





Class 3 spent a lovely day in the Forest of Dean. They walked 3km from Mallards Pike to Wenchford where they played together in the water and enjoyed a game of rounders and other



activities. Class 4 went to the Cranham Scout Centre where they were taught how to build camp fires, experienced a meditation session and enjoyed exploring the centre with its wealth of nature and range of outdoor activities



Thursday - School Sports Day



The first part of Sports Day offered all the children the opportunity to enjoy a variety of activities in a fun, not too competitive environment, where they can see and feel themselves doing well. The rotation of activities challenges them in so many different ways that it is nice for the children to be pleasantly surprised at some activities that they are very good at and to realise that some might need to be worked on or



developed. The second part of the day involves more formal races. And although some of these remain fun based such as the fancy dress race or the egg and spoon, competition does play a more important part here as the children experience the hurdles and the sprint races. To finish off the day Jack Rutter (coach and ex GB Paralympic Football Captain) led an inspirational assembly for parents and children and then presented the sports day medals.

Friday – Air Hop Trip

Today the whole school had an amazing time at Air Hop Bristol. All the children from Reception through to Year 6 (and some teachers!) bounced and played together wonderfully well.

It was a fantastic way for us to finish our Health & Wellbeing Week.



Dates for your diary:

1.30 LEAVERS ASSEMBLY – FRIDAY 19th JULY 2019
2 pm – SCHOOL FINISHES – FRIDAY 19th JULY 2019
2019

INSET DAY – MONDAY 2nd SEPTEMBER 2019
SCHOOL STARTS – TUESDAY 3rd SEPTEMBER

FOHS

Thank you to everyone who came to the BBQ last Friday. The weather was kind to us and such fun was had by all. We made an amazing £1220 for the school. Thank you to everyone who helped and made it such a success and for all the kind donations for the raffle prizes. The clothes bank has been a huge hit please keep spreading the word. Clothes, shoes, hand bags, belts and soft toys, are all recyclable.

HEADS UP!

Hartpury Governing Body will now be called Hartpury LAB (Local Advisory Board). In September we will be seeking to elect two new parent representatives. More details to follow at the start of next term.