



SPORTS NEWSLETTER

A monthly newsletter brought to you by our Sports Leaders.

JANUARY 2022

Healthy Living Week

Earlier this month, we celebrated Healthy Living Week. This year's theme was Healthy Body, Healthy Mind. Each day began with a wake up, shake up dance routine, led by Mrs Redmond. Reception and Year 1 enjoyed exercising with the soft play equipment and Years 2-6 worked out with our inflatable obstacle course and games.



As a school, we follow the Five Ways to Wellbeing and this term we are focusing on Connection. Each class connected for a dance off on Tuesday and to share a story on Thursday. We also took time to take care of our minds with a variety of mindful activities and we shared our own Happy News stories. Our week ended with a whole school fun run organised by our SPA.



New Dance Club

Stomp and Dance will be running a new Dance club for Years 1 and 2, every Wednesday from 3.15pm-4.15pm in our school hall. Please see this week's newsletter for booking information.

Tennis Lessons at Harrow School

Year 3 and Year 5 have had the opportunity to attend tennis lessons at Harrow School. "Tennis with the Harrow Boys was really fun and at first I kept throwing the ball in the wrong places but they kept helping me and saying that I was doing really well. I kept on persevering and in the end, I felt fantastic as I became really good at it."

(Jaysha) – 5 Poplar.

