

# Atlantic Academy Primary

## Newsletter



### Developing Character, Confidence and Commitment

Friday 22<sup>nd</sup> November

Dear Parents,

I need to start this week's newsletter with a big 'thank you.' as primary students raised a wonderful £179.83 for Children in Need.

This week sees the launch of the Primary Phase 'Healthy Living Week' where we have numerous Healthy Living activities running through the school.



Alongside the events and activities, we are running a 'Healthy Selfie' competition where students are invited to share a selfie of themselves promoting Healthy Living, this could be taking part in a sport or activity or demonstrating a healthy diet. Please either send any pictures to Mrs Hill (ahill@atlantic-aspirations.org) or tweet your selfies using #HealthySelfie.

We will be promoting all entries on the display screens around the school.

I'm looking forward to sharing pictures, news and reports from the week with you all, I know we have some fun events in store.

*Miss Heppell*



Attendance this week:

**94.06%**

Attendance champions:

**2A**

### Diary Dates

#### November

- 25<sup>th</sup> Healthy Living Week - events throughout the week including Race for Life and Bikeability
- 25 - 29<sup>th</sup> Bikeability **Years 5&6**
- 26<sup>th</sup> Academy in Action tour
- 28<sup>th</sup> Academy in Action tour
- 28<sup>th</sup> Dorset Museum visit
- Atlantic Y3
- 29<sup>th</sup> Barvember Maths Challenge
- 29<sup>th</sup> Bling your Bike day

#### December

- 2<sup>nd</sup> St George's Carol Service (6:30pm)
- 4<sup>th</sup> Christingle Carol Service
- 5<sup>th</sup> Christingle Carol service
- 4<sup>th</sup> Reception Morning tour
- 5<sup>th</sup> **Reception Trip** - Dinosaur Museum
- 5<sup>th</sup> PTA Christmas film
- 9<sup>th</sup> Principals' Drop in
- 11<sup>th</sup> **Year 4** Class Assembly
- 12<sup>th</sup> **YR-6** Parents' Evening
- 12<sup>th</sup> PTA Wreath Making (6pm)
- 13<sup>th</sup> Christmas Jumper Day
- 16<sup>th</sup> **R/KS1** Christmas Play
- 17<sup>th</sup> **R/KS1** Christmas Play
- 17<sup>th</sup> Academy in Action tour
- 18<sup>th</sup> Family Christmas Crafts
- 18<sup>th</sup> Christmas Lunch (pupils)
- 19<sup>th</sup> Academy tour
- 19<sup>th</sup> Whole School Carol service
- 19<sup>th</sup> PTA Christmas Disco
- 20<sup>th</sup> Staff Christmas Panto
- 20<sup>th</sup> Primary Christmas Parties

### Healthy Living Week

25-29 November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>KEEPING FIT</b>	<b>FOODS</b>	<b>Healthy Bodies</b>	<b>Healthy Minds</b>	<b>Environments</b>
YR - Daily Mile & Just Dance	YR - Fruit Kebabs and portion plates	YR - Teeth brushing	YR - Yoga and Relaxation	YR - Tidying
Y1 - Fitness, Games and Challenges	Y1 - Healthy Sandwiches	Y1 - Healthy Athletes	Y1 - Yoga and Mindfulness	Y1 - Littering and Recycling
Y2 - Dance - the Science	Y2 - Healthy plates and meals	Y2 - Team GB Athletes	Y2 - Yoga and Growth mindset	Y2 - Recycling

**RECEPTION & Key Stage 1**

Monday	Tuesday	Wednesday	Thursday	Friday
Y3 & 4 - Run a mile	Y3 - Sugar contents	Y3 - Keeping Clean	Y3 - Brain Gym	Y3 - Litter awareness
Y5 - Timber Trail Challenge	Y4 - A greek diet	Y4, 5 & 6 - Team Building Games	Y4 - Mindfulness	Y4 - EcoBricks
Y6 - Fitness and our bodies	Y5 Mediterranean diet		Y5 - Yoga	Y5 - Nature Walks
	Y6 - Can a pizza be healthy?		Y6 - GoNoodle!	Y6 - Litter Picking

**Key Stage 2**

Tuesday	Wednesday	Thursday	Friday
<b>SKIP &amp; FIT</b>	<b>ZUMBA</b>	<b>Whole School</b>	<b>BLING YOUR BIKE</b>



**Atlantic Academy Portland**  
an Aspirations Academy