



Atlantic Academy Portland

an Aspirations Academy

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Dear Parents

Here at Atlantic, we are very excited to announce that, for the third year running we will be holding our annual Healthy Living Week!

From Monday the 22nd November, all children in all Primary classes will be actively learning how we can all be a little bit healthier and happier - inside and out! This year, we are thrilled that we can welcome active workshops and guest speakers into our school to broaden the children's experience and embed healthy habits further. Throughout the weekly class lessons, children will be not only learning about how to improve their nutrition and exercise but social and emotional wellbeing, mental health and environmental health.

Reaching out to the community, Portland Prison's Workshops have agreed to loan us some of their recovered bicycles. We feel that Healthy Living Week is the perfect opportunity to ensure all of our children at Atlantic have the chance to learn to ride and gain confidence on two wheels.

Of course, we will be bringing back some old favourites:

The Daily Mile being possibly one of the most beneficial - both staff and children alike, physically and mentally feel the benefits of getting out of the classroom and getting moving everyday. This year, with the added challenge of trying to cover the same distance from Lands End to John O'Groats using a pedometer all week;

Family Challenges will be in the weekly newsletter and on social media for you to take part in at home;

Staff Sports Bingo will be shared on our Daily Message Board to hopefully inspire the children, showing that we like getting active, too;

Finally, Breaktime Challenges, led by staff, will keep the children on their toes with some tricky maneuvers to bring out their determined and competitive side!

To support these activities, the children and staff are encouraged to wear their P.E kits all week!

We truly believe this will be our best Healthy Living Week yet, and with your enthusiasm from home: joining in with Family Challenges; asking about their health focus that day; how your children fared in the Breaktime Challenges - will add to the children's excitement and commitment to this fun-filled week.

Yours sincerely

Coralie Russell - Primary P.E Coordinator at Atlantic Academy

