



Atlantic Academy Portland

an Aspirations Academy

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Dear Parents and Carers,

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

From Wednesday the 3rd January, 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.

Of course, we will be bringing back some old favourites as well as some super-fun new activities:

- **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 competition between Chesil Cove, Church Ope and Castle Cove Schools to see who can run the furthest in the week.
- **Family Challenges** will be in a newsletter and on social media before Christmas 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;
- **Lunchtime Intra-School Competitions** from Football to Tug of War to Zumba to Cross Country, in Houses
- **Breaktime Challenges**, led by staff, will keep the children on their toes with some tricky manoeuvres 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.

If your child goes to a sports/activity club outside of school, we would love to see any recent photos you have of them either in action or in their kit. We will display these photos on our digital boards throughout the school corridors so everyone can see them! Please send any pictures to crussell@atlantic-aspirations.org

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 Lunch and Break Time 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

