



Atlantic Academy Portland

an Aspirations Academy

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16th October 2024

Dear Parents and Carers,

R.E - Healthy Living Week '24

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

From Monday the 21st October to Friday 25th October, 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 a different active workshop everyday 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
- Family Challenges
- Staff Wellbeing Bingo
- Lunchtime Intra-School Competitions
- Breaktime Challenges
- Family Zumba (Monday 21st) & Friyay Disco (Friday 25th) at 8am on the Primary Playground

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



HEALTHY LIVING WEEK

MONDAY

21/10

Kick Boxing R, Y5 & 6
Tug O War
Family Morning Zumba

TUESDAY

22/10

Kick Boxing Y3 & 4
Skateboarding
Football Tournament

WEDNESDAY

23/10

Kick Boxing Y2 & 1
Skateboarding
Dodgeball Tournament

THURSDAY

24/10

Razzamatazz R-6
Restart the Heart Y4 & 6
Lunchtime Zumba

FRIDAY

25/10

Flag Football Y1-6
Water Safety Y6
Friyay Family Morning Disco

