



15th October 2025

Dear Parents and Carers,

R.E - Healthy Living Week '25

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

From Monday the 20th October to Friday 24th 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 Inter- House Competitions
- Breaktime Challenges
- Family Zumba (Monday 20th) & Friyay Disco (Friday 24th) 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 faithfully

Ms C. E. Russell





Atlantic Academy Portland

an Aspirations Academy

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ATLANTIC ACADEMY PORTLAND'S HEALTHY LIVING WEEK



MONDAY

BASKETBALL FREESTYLE SESSIONS - ALL YEARS

MON 20th to
FRI 24th OCT



TUESDAY

RESTART THE HEART - YEARS 5 & 6

HANGOUT CLIMBING GYM YEARS 1,2,& 3



WEDNESDAY

CROSS-COUNTRY RELAYS - ALL YEARS

HANGOUT CLIMBING GYM YEARS 4 & 6



THURSDAY

OUTDOOR BADMINTON AND PICKLEBALL - YEARS 2 - 6
TAG GAMES YEARS R & 1



FRIDAY

BREAKDANCING & BEATBOXING SESSIONS - ALL YEARS



ASPIRATIONS



DORSET
Local Enterprise Partnership



Active Dorset



Bournemouth
University

