

Cottingham Church of England Primary School

Headteacher: Mr Ashley Scott

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Dear parents/carers

Year 5 – Healthy School’s Silver Award

I am sure many of you are now aware that Year 5 children are working towards the Health School’s Silver Award.

The children initially completed a baseline survey to gauge their understanding of looking after their own mental health and wellbeing. The survey was really interesting and following on from that our Healthy School Advisor from Northants County Council and I have written an action plan for the children to complete. They also have workbooks with questions and ideas which we are working through on a weekly basis.

Following the survey 3 out of the 5 ways to mental health and wellbeing were chosen for the action plan. These are:

- Getting Active
- Connecting
- Giving

The children have come up with some super ideas and we are very excited to share these with you.

Getting Active – is more than physical activity. Children recently bought home a calendar – Let’s Get Active in April, which has some lovely ideas, from gardening, to making cakes, to family workouts...the list is endless! I will also be organising walks around the village, gardening, and some fun activities to include yoga. Children will be encouraged to invite a family member along for this yoga session on Tuesday 21st May @ 1.30pm. Please note I am not a qualified yoga teacher, but have completed a course to deliver yoga to children.

Connecting – is about connecting with family and friends. With this in mind, we will be hosting an afternoon on Friday 24th May – you can come along to enjoy some special time with your child and enjoy a cup of tea and biscuit from 1.30pm – why not stay on and join us for Worship Assembly?

CARE

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FOLLOW

THINK



NORTHAMPTON TOWN F.C.
COMMUNITY



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Giving – is not only physically giving – it can be as simple as giving someone a smile or asking them about their day and taking time to listen. However, we thought it would be a lovely idea to ‘give’ to others less fortunate than us. We are asking Year 5 children to bring in an item/items of non-perishable foods that we can make up into hampers and take to the local food bank. Please send these items into school next week. Thank you.

It would be lovely if a child/children could deliver these hampers. So, with this in mind I am asking if any parents are happy to do this with their child? Mr Scott has given permission to do this during the school day. I would like to come along too. Please email me: office@cottingham.pdet.org.uk if you would like to do this and we can then arrange a time and date.

During the next few weeks, we will be taking lots of photos to share with school’s social media platforms, local media and the Healthy School’s Team at Northnorthamptonshire. **Please let me know if you do not want your child’s photo to be used by emailing me at the above.**

Thank you for taking time to read this – I will keep you updated. Please complete the slip below to give me an idea of numbers.

Kindest wishes
Carolynn x

Year 5 – Silver Award Sessions

I would like to attend the yoga session being held on Tuesday 21st May @ 1.30pm – please circle. YES / NO

I would like to attend the family afternoon on Friday 24th May @ 1.30pm – Please circle. YES / NO

Signed

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