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Headteachers: Mrs Susanne Dove B. Ed (Hons), NPQH Mrs Jackie Wright B. Ed(Hons)

27 May 2022

## Healthy Heathwood Fortnight 2022

Dear Parents/Carers,

We have a very exciting fortnight planned after half term (6<sup>th</sup> - 17<sup>th</sup> June 2022) which covers many social and moral elements of the PSHE (Personal, Social, Health and Economic) curriculum including Healthy Eating and Lifestyles and Relationship Education.

### What is Relationship Education?

Relationship Education is lifelong learning about physical, moral and educational development. It is about the importance of family life, stable and loving relationships, respect, love and care. The whole school will be involved in Relationship Education (formerly known as SRE, Sex and Relationship Education) following the Channel 4 All About Me programme, lessons are tailored to suit the age of each year group.

The focus for the lessons will be:

Class R: Differences

Class 1: Differences

Class 2: How Did I Get Here?

Class 3: Growing Up

Class 4: Changes

We truly believe that Relationship Education is an important part of children's education and, from experience, that it is most beneficial to learn alongside peers.

The fortnight of activities also includes the whole school taking part in and learning about the following:

- Road safety, water safety and internet safety.
- A healthy eating cooking session.
- Daily physical activities.
- On Monday 6<sup>th</sup> June the children will participate in a skipping session delivered by Skipping Workshops and funded by the school PTA.
- On Tuesday 7<sup>th</sup> June the whole school will be celebrating the Queen's Jubilee. The learning throughout the day will focus on the Queen and the Royal Family, and will include a Platinum Jubilee Tea Party in the afternoon.
- On Wednesday 8<sup>th</sup> June, the whole school will be taking part in the UNICEF Soccer Aid Playground Challenge. The children will be designing and completing an obstacle course. We are asking the children to make a £1.00 donation for the UNICEF charity.
- On Monday 13<sup>th</sup> June there will be a whole school healthy breakfast offered to all children as they arrive in school.
- On the afternoon of Friday 17<sup>th</sup> June it will be our whole school sports day, which we are delighted to say, parents will be invited to attend, timings to be confirmed asap.



Just outside of Healthy Heathwood Fortnight, on Wednesday 22<sup>nd</sup> June the whole school will be taking part in the Brakes Kids Walk which is a national event to raise awareness of road safety and with a focus on every child has the right to feel safe when walking in their community. For this event we will be walking the whole school around Cotefield Drive and back to school via the Cotefield Drive entrance. We are asking that the children wear something stripy and bring £1.00 for the Brakes Charity. You do not need to complete a permission slip as this is covered by the Stepping Out permission agreement signed at the beginning of the year.

Kind Regards,



Mrs J Wright  
School Wellbeing Lead

