

**5th July 2019**

## HEALTH WEEK

**Summer 2 Week 5**

### Special Points of Interest

- Summer Play Schemes
- Sports Day
- Wirral Youth-Council

### Dates for your diary

**Family Support**  
**1:1 appointments**  
**Wednesdays**  
**9am—10am**

**Stay and Play 0-4yrs**  
**Wednesdays**  
**9.30am—12noon**  
**Entrance via side of reception**  
**ALL WELCOME**

**Parent Coffee**  
**Morning**  
**Thursdays 9am**  
**Entrance via side of reception**  
**ALL WELCOME**

From Monday 15th July, all children at Sandbrook Primary School will be participating in our annual health week. This is a fantastic opportunity for all our children to experience sports and activities that they might not have tried before (including Quidditch), learn about how to keep their bodies healthy and how to look after themselves and others. For this week only, children will be permitted to come to school every day in appropriate sports clothing for indoor and outdoor activities. They will also need a non-disposable water bottle and should also have sun cream on, even on cloudy days.



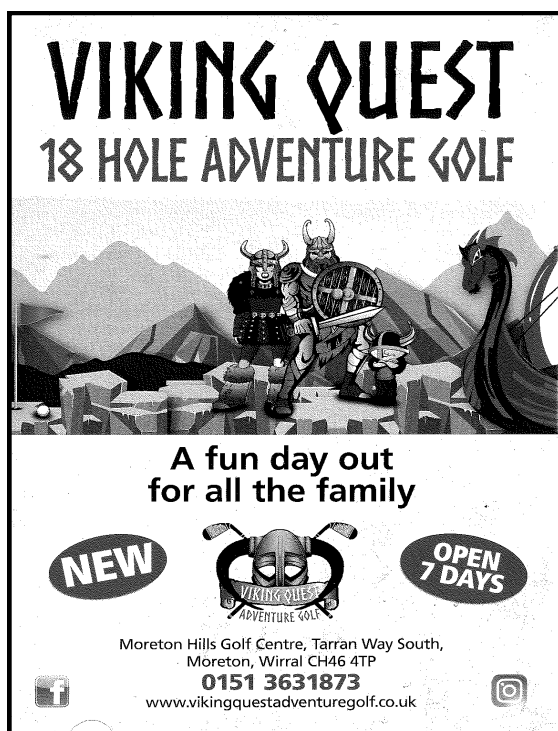
## HEALTHY EATING

Throughout this week, we will also be encouraging all families to make healthy choices when selecting what food goes into your child's lunch box. For this week only, we will be placing green, amber or red slips into children's lunch boxes indicating how healthy their lunch box is. This will be done discretely and not in front of other children. Don't forget, lunch boxes should consist of: fruit, vegetables, grains, beans/legumes, meats/eggs/fish, milk/yoghurt/cheese and water. If you need any advice regarding this, please speak to an adult at school. Let's make this health week, the best ever!

On the morning of Tuesday 16th July, our mini –mermaids and team tritons will be undertaking their 5km run around our community. In order to ensure that they are supported and guided all the way, we are asking for at least 7 adult volunteers who would be happy to offer around 90 minutes of their time. Don't worry, we are not asking you to run, merely sit on a seat and show the children which way to run next. If you think you could help, please pass your name to Mr Mervyn or the school office.



## Local educational golf course



## Summer Hockey School

with James Cunliffe @West Kirby Astroturf

James is our school hockey coach

for years 4, 5, 6

Wed 24th - Fri 26th July 9.30am - 3.30pm

Wed 28th - Fri 30th August 9.30am - 3.30pm

1 day = £35, 2 days = £60 3 days = £75

Signup@[www.oxtonhc.co.uk/summercamps2019](http://www.oxtonhc.co.uk/summercamps2019)

## Sports Day

Tuesday 16th July	KS1 and KS2	1pm –3pm
	Tritons & Mini Mermaids 5Km	time tbc
Thursday 18th July	Foundation Stage	11am—12noon

## Your voice heard

Wirral's youth council is looking to gather opinion on current support and activities available to young people in Wirral. You can register your opinions between Wednesday 19th June to Friday 20th September. The consultation has been shaped through engagement with staff who work in Wirral's youth service and is being checked every step of the way by young people themselves.

You can log on to the links below:

<https://wirralview.com/news/wirral-s-youth-review-have-your-say>

Survey link to questionnaire <https://www.surveymonkey.co.uk/r/S2V5FQS>

Contact email address for parents [youthoffer@wirral.gov.uk](mailto:youthoffer@wirral.gov.uk)

## Wirral Play Council Summer Holidays 2019 : 6 to 13 year olds

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