



Archibald First School
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Dear Parents/Carers

Wellness Week at Archibald Nursery to Year 4

After the success of last year, from Monday 18th - 22nd July, Archibald First School will be hosting another Wellness Week. This will be a week spent together as classes embracing our physical and mental health. **For this week, we are encouraging all children to come to school in their own activewear every day (Archibald PE Kit is NOT required but no crop tops or strappy vests please, and shoulders and stomachs must be fully covered. Leaver's hoodies for the Year 4 children can be worn).**

Each day, there will be an exciting activity to take part in. For example, we will have a visit from Skip4Fit, Circus Skills, Northumberland Cricket Coaches, Mr Holman's Marvellous Multi Skills, and an intra-school Football Competition for Key Stage 2. As well as building our teamwork and communicating skills with a range of different challenges.

We also request that your child/children come to school on Monday 17th July 2023 with a towel and change of clothes and shoes to keep on their peg until it is used. In this bag they will also need a small water gun/pistol. If you do not have one, a small plastic tub could be used. This will be for one of our events throughout the week that involves water! Please do not go out and buy a water gun – a container is more than enough and easier to fill for the children too!!

We will also be having a 'Wheelie Fun' session on the yard. On the allocated day, your child is asked to bring their bike, scooter, roller-skates, skateboard, etc. into school. **Helmets are essential and pupils will only take part if wearing one.**

Reception -	Friday	Year 2 - Monday	
Year 1 -	Wednesday and Friday	Year 3 – Wednesday	Year 4 - Monday

To allow all of this to happen, we are requesting a donation of £5 per child, which can be paid via Parent Pay.

Throughout this week, your child/children may be outdoors for an extended part of the school day. As always, we hope that we will have good weather for this type of event, so please ensure sun cream is applied and that sunhats are brought to school. Shoulders must be covered.

We are really looking forward to this final week with the children; please keep an eye on our Twitter @ArchibaldFirst and the school website to see what we get up to! Also, as part of our Wellness week, why not Tweet us with the #AFSPE about some of the physical activities that children get up to out of school!

Kind Regards

Mr Nettleship

PE Leader

Having fun, learning together.

Curious, caring, creative and courageous.