



Arnside National Primary School

'Aspire – Believe – Achieve'

Headteacher: Mr Nick Sharp BA Hons (QTS)

Church Hill
Arnside
Carnforth, Lancs
LA5 0DW

admin@arnside.cumbria.sch.uk
www.arnside.cumbria.sch.uk
Tel/Fax: 01524 761159

Wednesday 6th February 2019

Dear Parent / Carer

Next week, we have a variety of Personal and Social themed lessons as part of 'Health Week'. These include:

HEALTH, SEX & RELATIONSHIP EDUCATION

This year, we are again using the updated version DVD of 'Living and Growing' and follow up materials to learn about health and relationships, including sex education. These look at the way our body develops and explain changes in an age appropriate way. Please contact your child's class teacher if you have any questions regarding the sex and relationship sessions.

AEROBICS / CIRCUIT TRAINING

On Monday 11th February, Steve Hoare, PE specialist, will be delivering aerobic / circuit training sessions for all the pupils in school.

HEALTHY FOOD CHOICES

All week we will be encouraging pupils to consider their food choices and take part in the sugar swap campaign.

THE LIFE BUS

On Wednesday 13th and Thursday 14th February, the Life Education Bus will be at school to support our work in personal, social and health education. *There is an open information session for parents and carers taking place in the Life Bus on Thursday 14th February between 8.50 and 9.10am.*

HEARTSTART

During the week, Mrs Brough, Miss Addison and Ms Sweetman will be teaching the children basic first aid following a scheme produced by the British Heart Foundation. These first aid skills are built upon each year and range from an emergency phone call in Year 1 to cardio pulmonary resuscitation in Year 6. Thank you to Ms Sweetman for her help, advice and support during the sessions.

It will be a great week to celebrate 'good health' and we look forward to enjoying a range of activities.

Thank you for your support.

Mr N Sharp
Headteacher



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