



Rise Park Primary and Nursery School
Head Teacher: Mrs Natasha Kelly B.Ed.Hons
Bestwood Park Drive West
Rise Park
Nottingham
NG5 5EL

Tel: 0115 915 3775
admin@risepark.nottingham.sch.uk
www.riseparkprimaryschool.co.uk

Dear Parents and Carers

On the week beginning 5.7.21, we are launching a very exciting theme week all based around 'Healthy Me. The School Council have been busy working behind the scenes to prepare for this and last week they had a Zoom with the local Rise Park Doctor's Surgery. They learnt all about how to be positive both in mind and body and picked up some great tips to stay relaxed along the way. They have already collected some excellent ideas across school and some of the fantastic ideas include sporting competitions, musical workshops, redesigning the sensory nature garden, meditation and yoga were all to name only a few things that the children are going to get up to in their classes.

During the week, we hope to educate the children that being healthy is about much more than just eating healthy and exercising regularly. Whilst this is very important we want the pupils across school to think outside the box. We want to encourage the children to make healthy lifestyle choices too that may impact the environment. Did you know that people in the **UK throw away** around 295 billion pieces of **plastic** every **year**, **much** of which is single-use and cannot be recycled? We aim to try and tackle this issue here at Rise Park!

Therefore, on Thursday 8th of July every child in school is invited to our healthy plastic free picnic which will take place on our school field as part of their key stage. On **Thursday the 8th of July** we would love it if every child could pack a packed lunch on that day that includes a range of healthy foods. We cannot wait to see what delicious delicacies are eaten on the day for example, pasta salads, scrumptious salads, crunchy vegetable snacks or fruit smoothies. This could be the perfect opportunity for your child to be brave and even try something new!

We are really lucky here at school as we have a large field where the event will take place. Both nursery and key stage one will eat their lunch during the first sitting together. Each class bubble will sit in accordance to social distancing rules to ensure that they do not mix. Key stage two will then eat their lunches together during the second sitting.

In your packed lunch please try to avoid any single use plastic items in attempt to help to look after our environment! A single use item are things like drinks bottles that get thrown away after only one use. You may want to use reusable tuba wear boxes or refillable drinks bottles and try to avoid using cling films or unnecessary waste. By changing our actions, we intend to embed the ethos of our healthy schools awards **If you cannot provide your child with a pack lunch on this day then please order a grab bag with your child's class teacher.**

We simply cannot wait for this week to arrive because it is action packed with fun and exciting opportunities for all. Keep a look out on our Twitter feed to see what we get up to throughout the week!

Many thanks for your continued support

Miss Scholten

