



Woolmore Primary School

NEWSLETTER

October 2019 *Healthy Lives Special*

How can we have healthier lives?

Our School Improvement Plan 2019/2020

We have a **School Improvement Plan** which outlines our development priorities. This year our priorities are Reading, Our Curriculum and Healthier Living.

In this newsletter you can read about some of the things we are doing for our **Healthier Living** priority and, of course, they will be more successful if we work on them **together**.

Why do we want to be healthy?

At Woolmore we are very aware of the importance of making our lives healthier. If we are unfit, we eat too many unhealthy foods, we don't exercise, or fail to have a decent night's sleep we know it can make us feel unhealthy, we will be more likely to get ill, we will feel tired and have low energy and we certainly can't do our best teaching and learning. So, let's get healthier...

Our School Improvement Plan priorities this year:

1. Reading
2. Our Curriculum
3. **Healthier living**

Air Quality

We are working on a project with Trees for Cities to improve the air quality in the playground. Look out for more trees and living walls.

Healthier living – what are we doing at Woolmore?

- **Making sustainable choices** – thinking about and taking action on choices that make our environment healthier.
- **Keeping healthy by:**
 - Sleeping well
 - Looking after our mental health
 - Keeping active
 - Making good food choices

Eco-Council

We now have an Eco-Council – look out for news about what they are up to.

Feelings

Talk to family and friends about how you feel.

Playtime fruit

We have free fruit for children in EYs and KS1. Children in KS2 can bring in a piece of fresh fruit for morning play.

Exercise

walk/scoot/cycle to school; go to the park; run, jump, play sports; dance, do yoga, move and feel the groove!

Sleep

We all need good sleep to function well. Children need lots of sleep. A set bedtime is a very good idea. Ask us if you are unsure of the amount of sleep your child needs.

Notice nature:

trees, plants, the sky, the moon...there is so much to wonder about and enjoy.

What can families do?

And why not meet your child with a piece of fruit at home-time?

Exercise helps you have a healthy heart, to feel well and to sleep better.

Remember to stay safe on-line

Have a happy, healthy and active half term everyone!

DATES FOR YOUR DIARY

- ❖ Autumn half-term: 21-25 October
- ❖ Back to school: Monday 28 October
- ❖ Break up for Christmas holidays: Friday 20 December
- ❖ First day of the spring term: Tuesday 7 January 2020

- ❖ Friday 1 Nov: school journey meeting for Y5 parents
- ❖ Tuesday 5 Nov: Y3 trip to London Zoo
- ❖ Thursday 7 Nov: flu immunisation for children (who have signed up)
- ❖ Friday 8 Nov: school journey meeting for Y6 parents
- ❖ Thursday 14 Nov: Y4 Diwali Assembly; Y4 parents welcome
- ❖ Friday 15 Nov: BBC Children in Need charity day: bring £1, wear your own clothes and help to make a difference
- ❖ Wednesday 20 Nov: Y2 trip to Tate Modern
- ❖ Thursday 21 Nov: Y5 Sequoia tree trip to Westminster Abbey and the Cenotaph
- ❖ Friday 22 Nov: Y5 Willow tree trip to Westminster Abbey and the Cenotaph
- ❖ Week beginning Monday 25 Nov: Book Fair

There is a calendar on the school website
- and lots of other helpful information too.
www.woolmore.towerhamlets.sch.uk

What is happening at Woolmore?

Do you know?

- We now have 564 wonderful pupils in 20 classes at Woolmore. That is more than double what we had in the old school!
- In September we will add two more classes giving us a total of 22 classes.

How can you find out more?

To find out more about what is happening at Woolmore take a look at [twitter](#) – every week you will see photos and news about what is happening at Woolmore. We share, we celebrate, we inform and we learn together. We hope that as many parents and carers as possible will want to look at our twitter feed [@woolmoretweets](#) and talk about it with your family. Here are just some of the pictures you will find:



School Council

Meet our newly elected school councillors. You can also see: our new Eco-councillors and junior librarians
#taking responsibility



100% Attendance
Week ✓✓✓



Charity Day for Macmillan Cancer

Well done and thank you to everyone in our school community for baking, buying and eating cakes and for donating money to support Macmillan cancer.

We raised **£1,152**

Have a great half term everyone!

Don't forget to:

1. Read every day for at least 10 minutes
2. Get out and about, see things and be active
3. Be super kind and caring
4. Be ready, respectful and safe (of course!)



LAMDA Awards

well done for all your hard work and good luck to our new LAMDA group.

