



Colvestone News

Summer 1 - Week 3

Dear Parents and Carers,

In week 3, we began our theme of, **Moving More for our Mental Health**. We started with an assembly discussing how physical activities can help with our mental health. The children were also set a competition to see which class could move the most during the next two weeks.

On Monday, the children took part in a rugby workshop and were able to master their spatial awareness skills whilst collecting tags from their opponents.



On Tuesday, the children participated in a yoga session and I was very impressed with the different poses the children performed.



On Wednesday, the children were very excited to take part in the boxing workshop. Ben spoke to the children about the importance of physical and mental health and managing fear.



We will continue our theme next week where our EYFS, Year 1 and Year 2 children will take a visit to Kizmania and have the opportunity to run, jump and climb in the soft play area. We also have a planned dance workshop on Thursday 9th May.



In line with our ***Moving More for our Mental Health*** theme, some of our Year 3, 4, 5 and 6 children have registered to take part in the Hackney School's Challenge which will be on Saturday 18th May. Children have been arriving at school at 8.30am each morning to train for the event. The Hackney Schools' Challenge encourages students to run 12 miles in the lead up to the event, by breaking it down into half a mile or mile distances at home or at school. The children will then participate in the Hackney Moves weekend by running the final celebratory mile course which finishes on the Hackney Half finish line, completing their own Half Marathon distance. Further information regarding drop offs and collection will be shared in the upcoming weeks. The children will also be provided with a t-shirt and an impressive medal once completing the run.



A reminder, there will be no school on Monday due to bank holiday but we will return on Tuesday 7th May. Children can arrive at 8.30am for our Tuesday weekly running club.

Summer 1 - Upcoming events

Monday 6th May: School Closed – May Bank Holiday

Tuesday 7th May: EYFS, Year 1 and Year 2 trip to Kidzmania

Wednesday 8th May: Year 4 and 5 – Steel Pan Workshop (This will be every Wednesday till Wednesday 19th June)

Thursday 9th May: Dance Workshop

Monday 13th – 17th May: SATs Week for Year 6

Monday 20th – 24th May: Year 6 Residential

Thursday 23rd May: Year 3, 4 and 5 trip to Hackney School of Food.

Please continue to look at our school calendar:

[Calendar and Term Dates - Colvestone Primary School](#)