

[Blakesley](#)[Twitter](#)[SchoolPing](#)

THE BLAKESLEY

— BULLETIN —

HEADTEACHER - Ms Phillips



This special mid-term edition celebrates our PE and Sports provision. My thanks to Mr Bailey (PE Leader) and Miss Clark (Sports Coach and Teacher) for an amazing year of Sport at BHPS

Get ready to be active during National School Sports Week

National School Sports Week 2023 runs from 19 to 25 June, and will focus on encouraging schools and families to pledge to be active for a minimum of 60 minutes a day - **#PledgeToPlay**

SPORTS WEEK AT BLAKESLEY - 19th - 23rd JUNE

Parents, Carers, Grandparents can join in too!

We are offering a chance for you to join in with your child in our after-school workshops. Information can be found on PING notices sent out this week.

Circus Workshops

Archery



Bollywood Dancing Workshops

Closing Festival
Friday 23rd 3.30pm



Team GB Gymnast
Mimi-Isabella Cesar

Year Group Sports Days

Find out what you can do at home to keep your family active for 60 minute a day.

https://www.youthsporttrust.org/media/b0edqgh4/yst_nssw_2023_resource_parents_final.pdf

Further details of sports days and workshops are on Ping including how family members can apply, when workshops are and what to wear.



ClassDojo



During the week keep an eye on Class Dojo and check out @BHPS_1 on Twitter to see what's going on

Why is 60 active minutes important?



Children and young people should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week.

UK Chief Medical Officers

A young person who is physically active and plays sport on a regular basis will have better...



Physical health

- > Cardiovascular fitness
- > Healthy weight
- > Strength
- > Co-ordination
- > Energy levels



Mental health

- > Happiness
- > Resilience
- > Equipped to tackle anxiety and stress
- > Improved mood through release of 'feel good' endorphins



Social wellbeing

- > Less lonely
- > More trusting
- > Improved communication and teamwork skills



Brain function

Evidence shows being **physically active** impacts on progress and achievement. It **improves the brain** by stimulating growth in the part responsible for **learning** and **memory**. Young people's **ability to concentrate** also improves after physical activity

ATTENDANCE - HELP US MEET THE SCHOOL TARGET

We want to remind all parents about the importance of regular school attendance, especially as we head into continued warm weather. Despite the forecast of high 20 degree temperatures, it is crucial that your child attends school on time and ready for learning every day. Education is of utmost importance and every day of learning counts towards your child's success. We have had some great feedback from many visitors recently about how well your children are learning and behaving, we are very proud of all they are able to achieve.

Collecting children early on a Friday afternoon and holidays before the end of term cannot be authorised – you may be subject to a Local Authority penalty notice.

Please make sure your child is dressed and prepared for the weather each day.

Thank you for your partnership in helping our school be the best it can be and supporting us - helping your child succeed.



SPORTS COMPETITION WINNERS



HUGE congratulations to our Year 6 football team. Having won 5 out of 5 matches on Tuesday, they brought home the Kingfisher Schools Sports Trophy.

The event was a memorial tournament to celebrate the work and life of Mr Roger Rathbone, former Headteacher of Stechford Primary School who passed away suddenly last

November. Mr Rathbone loved sport and the family donated this lovely plaque that Kingfisher Schools will play for every year in his memory. We are honoured to be the first recipients of this special prize.

Well done to all who took part!



HONESTY ♦ UNITY ♦ RESPECT ♦ CARING ♦ PERSERVERANCE ♦ APPRECIATION