

HEALTH WEEK AT GPS!

In July, we celebrated our annual Health Week and what a brilliant fun-filled week it was! All children across school engaged in a range of activities which encouraged the children to be healthy and active. Throughout the week, we had lots of engaging sessions organised for the children, based both in and out of school. We kickstarted each day with a whole school fitness session in our school hall, consisting of workout videos and dance routines to get the day off to a happy and healthy start! Each class then had their own individual timetable filled with different activities aimed at being healthy. The range of sessions allowed the children an opportunity to try a variety of energetic activities, some of which they may not have tried before. Our fantastic timetable included various intra-school football tournaments, quad kids' athletics tournament, dance sessions, military bootcamp, Nerf wars, swimming, healthy snack workshops and of course our fantastic school Sports Day. We wanted to get across the message to the children that Health Week is not only about exercise and being healthy, but it also focuses on how important it is for the children in school to work as a team, to support and encourage each other as well as the opportunity to take on a leadership role, all of which are key life skills which will benefit the children! As well as this, good mental health and wellbeing is essential for the children to understand as it allows them to learn effectively, cope with daily challenges and develop resilience!

