

Health & Safety fortnight 2024

As PSHE (Personal, Social & Health Education) lead it is my role to ensure that all pupils gain an understanding about these areas of the curriculum. Our annual focus fortnight gives staff the perfect opportunity to teach their classes about what it means to be healthy and how to keep safe in an interactive and engaging way. It has been wonderful to be able to welcome visiting speakers, teachers, pupils and students from local schools and the community into John Hampden to share related important messages. The staff have worked hard to provide their classes with a range of interesting activities using a variety of resources both inside and outside the classroom to increase their understanding in an engaging way. Lessons have enabled pupils to participate in thought provoking discussions and to seek answers to their questions to help further their understanding of these important topics.

Health Week

This special focus week enables staff to plan and deliver important elements of the health curriculum. We were delighted to welcome visitors into school to share vital messages about how to keep healthy. Representatives from Halton tennis and from Wendover Squash & Tennis club taught KS1 classes some skilful racquet & ball skills while Foundation Stage classes enjoyed doing fitness activities led by students from The John Colet School. Other visitors from the JC included a dance squad who performed two amazing dances much to the glee of their audience. Other students led a football skills session for Year 2 and later in the week, Year 12 students delivered healthy life styles workshops for Year 2 classes. Mrs Beck delivered a fun-packed Zumba session to Year 2 children with the assistance of Beatrix and Maya from WJS. Year 2 classes set out obstacle courses for the FS children which were very well received! Another group of JC students delivered wonderful drama sessions, instilling confidence and creativity to the Year 1 classes. Dr Evans shared valuable and reassuring information about health and what happens when we need to see a doctor. A local dentist and her assistant kindly spoke to FS children about taking care of our teeth. Premier Sport ran PE sessions with a focus on the importance of exercise to stay healthy. Classes were excited to take part in making a healthy snack (see the various recipes to try out at home which will follow in next week's newsletter) as well as to participate in a range of interesting and interactive activities using a variety of resources both inside and outside the classroom. Many fantastic stories were read in connection with themes taught and the children learnt a range of songs and rhymes taught by Mrs Mannering to reinforce healthy lifestyle messages.



Lessons included; the importance of a healthy lifestyle as well as regular exercise. Daily online fitness breaks saw staff & pupils endeavour to keep up with Joe Wickes, Oti Mabuse & DJ Raphi! Other lessons focused on how to look after ourselves, highlighting the importance of a good night's sleep and drinking plenty of water as well as dental health with the help of an online programme by Dr Ranj. Mrs Shrimpton and Mrs Barnes also provided fun and informative activities about health during computing lessons.



Mental health was another important feature of the week, including practical tips for calming down & relaxation. There was an assembly about developing a growth mind-set and the importance of resilience and another about the school initiative that encourages families, where possible to walk, cycle, scoot or park & stride to school. Sharing worries was another important message shared.

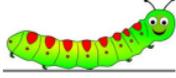


At the end of the fortnight, pupils were asked to reflect on all that they had learned, please see the pupil comments below. A huge thank you to all of our visiting speakers including; the staff and pupils from Wendover Junior School, students and staff at The John Colet, parent visiting speakers and other contributors involved from our local community. Thanks to them for giving the time to support this special focus fortnight and for making it so successful. A huge thanks also to all of the staff at John Hampden for their hard work and to Daisy Berry, the PSHE Governor for coming into school to support our focus fortnight. I am sure that you will agree that the children acquired a lot of new skills and have generally improved their understanding about how to stay safe as well as the importance of good physical and mental health in day to day life. Do ask your child(ren) about what they have been doing and encourage them to tell you about what they have found out.



Jo Spencer

Here are the comments from some of the children about Health week.

	<p>Noa liked the dancing by students from the John Colet saying 'They did the splits!' Elora said that 'we need to go to sleep so we are healthy.'</p>
	<p>Yaazhnila explained the importance of eating healthy food and of drinking lots of water commenting 'then we can work out like running.' Jack really enjoyed watching the older children dance and all the cheerleading too.</p>
	<p>Jack liked the talk from the dentist 'because they take care of our teeth.' Tayiba liked doing the obstacle course set up by the Year 2 classes 'because there were a lot of fun things to do.'</p>
	<p>Effy loved doing the sports activities arranged by the John Colet students 'especially jumping through all the hoops!' Sara said 'I loved digging up the vegetables and making our soup!'</p>
	<p>Orla said 'we learnt to be healthy by exercising to make you strong. The doctor told us to wash our hands, if you don't you might get sick.' Zac commented 'we've done exercise! We did tennis and our team won! We learnt to eat healthy fruit to make us strong.'</p>
	<p>Millie said 'I enjoyed making the fruit salad, it was really yummy!' Edmund commented 'I enjoyed playing squash. I really liked the ladder you had to hop between.'</p>
	<p>Raayan said 'make sure you eat more healthy things than treats.' Zehra reported 'to be healthy you must drink lots of water.'</p>
	<p>Harry commented that 'I really enjoyed learning about how our bodies get lots of energy from food and this helps us to exercise and keep ourselves healthy.' Erin also really enjoyed making the healthy snack because she got the chance to try different types of fruit.</p>
	<p>Benjamin reported that 'Doctor Evans told us that there are 206 bones in an adult's body and that the biggest organ is our skin.' Clayton said 'I put blueberries, pineapples, raisins, strawberries and yoghurt in my Rainbow Tutti Frutti. I also tried mango and it tasted really sweet. I like it!'</p>
	<p>Panda said 'I enjoyed health week because we did lots of fun activities. My favourite one was making a healthy tutti frutti!' Luke reported that health week was really fun. 'I really liked using the fishing rod magnets to sort healthy food from unhealthy food.'</p>