



Bessemer Grange Primary School

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Headteacher: Ms Sarah Beard

Deputy Headteacher: Mrs Elizabeth Whitehead

16th June 2016

Dear Parents / Carers,

Next week is National School Sports and Healthy week at Bessemer Grange. To celebrate the week we will be holding numerous events. Please see the information below to find out what is going on!

Family Fitness

We will be holding family fitness sessions each morning next week. If you are interested in a session please sign up for one in the office. Places will be held on a first come first serve basis. Parents in KS1, Reception and Nursery will need to accompany their children to these events and take part!

Monday 20th June: 8:20 – 8:50am – Zumba KS2 – Top hall

Tuesday 21st June: 8:20 – 8:50am – Football skills KS2 – Year 5 and 6 playground

Wednesday 22nd June: 8:20 – 8:50am – Football skills KS1 and EY – Year 5 and 6 playground

Friday 24th June: 8:20 – 8:50am – Zumba KS1 and EY – Top hall

Intra School Football tournament

During the week each class in year 1 – 6 will choose a class football team, this team will compete in a year group competition. The winning classes will be awarded in assembly at the end of the week.

Sports Day

Our school sports days will take place during the week, please feel free to come along and cheer your children on in the different events. The sports days will take place on the field on the following days;

Tuesday 21st June – 1pm – 2pm – Reception sports day

Wednesday 22nd June – 1 – 3.30pm – KS1 sports day

Friday 24th June – 1.30 – 3.30pm – KS2 sports day

Masterchef

Each class will be studying healthy eating and diet, as part of this project each class will be creating a healthy balanced plate to present to the judges during our very own Masterchef competition. Classes will create small promotional videos to accompany their competition entry.

Competition Time

We will be holding a healthy eating competition for you and your children to complete at home. We are asking you to create a poster advertising 'five a day' (eating more fruit and vegetables). Posters will need to be handed into the office by Friday 1st July and winners will be announced in assembly. Please make sure your poster is labelled with your name and class. For more ideas have a look at the following web page

www.nhs.uk/livewell/5aday/Pages/5ADAYhome.aspx

We look forward to seeing you all next week.

Rebecca Benjamins
Assistant Headteacher