



Howard Primary School

Thursday 6th January 2022

Dear Parent/Carer,

Healthy Habits at Howard

At the start of each new year, people often create New Year's resolutions about leading healthy lifestyles. At Howard Primary School, we would like to start the Spring half term with a focus on being healthy with emphasis on **being active** and **eating healthily**.

After School Clubs

We are pleased to be able to offer the following after school clubs that will be starting during w/c Monday 10th January 2022.

They are:

Monday:	Reception Multi Sports and Year 3 Multi Sports
Tuesday:	Year 2 Dance/Y4 Musical Theatre
Wednesday:	Year 1 Multi Sports
Thursday:	Years 5 and 6 Netball
Friday:	TBC

'REAL PE' Jasmine Logins

We will be sending out REAL PE logins to each child on or before Friday 14th January 2022. Your child's PE lessons include a REAL PE lesson as well as a sport lesson. With your login, you will be able to access activities that can be completed at home as well as practising PE skills learnt in PE lessons. You just need to visit: <https://home.jasmineactive.com/login>
Guidance to using the Real PE at home can be found on the school website.

Day of Dance

We are pleased to announce a day of dance for Reception (EYFS) Year 1 and Year 2 (KS1) on Friday 7th January 2022. The children will be taught a dance routine by a tutor from an external dance company; they will need to wear their PE kit on that day.



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PE Days

PE days in the Spring Term are as set out below:

Class or Year Group	P.E. Days
Reception	Fridays
Year 1	Mondays and Wednesdays
Year 2	Mondays and Thursdays
Year 3 Blackfriars	Mondays and Fridays
Year 3 Waterloo	Tuesdays and Fridays
Year 4 Southwark	Wednesdays and Thursdays After half term swimming on a Tuesday and PE on a Wednesday
Year 4 Millennium	Tuesday swimming sessions and Wednesdays PE at school After half term PE on a Wednesday and Friday
Year 5	Tuesdays and Thursdays
Year 6 Queen Elizabeth II	Tuesdays and Thursdays
Year 6 Tower	Tuesdays and Fridays

The Daily Mile

We are excited to announce the start of the Daily Mile. A few parent volunteers have offered to help run the Daily Mile on a Wednesday (Year 1 and 2), Thursday (Year 3 and 4), Friday (Year 5 and 6) from 8.30 - 8.45am.

The children will be able to come into school through the front office and will be escorted to their classroom at 8.45am by a member of staff. This will start during w/c 17th January 2022 - please



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look out for more information about how to book during next week. If there are any other parents who would like to volunteer, please contact the school office.

Food at Howard

There are strict guidelines that school catering companies must follow when providing school dinners. There is a limit on salt, sugar and fatty foods and there is a focus on balanced, nutritional meals. The government have also set out guidelines about school packed lunches (which can be found on the school website) but we would also like to remind you that the Whole School food policy states that:

Packed lunches should only include 1 option from the following lists:

- **Sweets**
- **Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts**
- **Crisps**

We would also kindly remind you please that fizzy drinks and high-sugar drinks are NOT permitted. Smoothies, low sugar flavoured water and milk are all fine.

Porridge

We are pleased to announce the start of free porridge available to all pupils starting later on this term initially 1 day a week. The school has applied for a grant that will cover the costs for every child. The children do not have to have porridge but this will be available for those who want it. Please look out for further information later on this half term.

For more information on our PE curriculum, please visit
<https://www.howard.croydon.sch.uk/curriculum-overview/>

Yours sincerely,

Miss J Handley
Deputy Head



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