



## Headteacher

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Friday 1<sup>st</sup> October 2021

Dear Parents and Carers,

### Healthy Me DoubleDays – Thursday 7<sup>th</sup> and Friday 8<sup>th</sup> October 2021

We are pleased to inform you that next week will see the first DoubleDay of this academic year. A BJS DoubleDay is a chance to focus on one specific area of the wider curriculum and for the children to work with a variety of other members of the school community. This term, our theme is Healthy Me! The children will be looking at four areas in the Healthy Schools programme: healthy eating, staying safe, physical activity and mental health/well-being. Next week is also national 'Feeling Good Week' so we are linking our theme in with this, helping the children to think of the different ways they can stay healthy and feel good!

On Thursday, the children will be introduced to the DoubleDays in a welcome assembly before being split into 8 new 'classes' that will comprise a mix of children from every year group. There are then four activities, lasting half a day each, that the classes will take part in with different teachers across the school. There will also be opportunities, such as at registration and the end of breaks, where the children 'check in' with their usual class teacher.

Traditionally for DoubleDays, we have allowed **the children to come in mufti, which is the case again on Thursday and Friday next week**. Please note, as one of the activities is 'physical activity' sensible footwear (i.e. trainers) is advised.

Coming off timetable does mean that there are changes elsewhere in the week. **PE days next week are therefore as follows:**

**Year 3:** Monday and Wednesday as normal.

**Year 4:** Monday and Tuesday

**Year 5:** Monday, Tuesday (extra hockey) and Wednesday

**Year 6:** Monday and Tuesday

As part of the Healthy Eating activities, the children will be cooking a healthy snack: broccoli and cheese cups. The ingredients are as follows:

- Broccoli
- Egg (cooked)
- Ritz crackers (gluten free alternative available)
- Salt
- Garlic powder
- Cheddar cheese (dairy free alternative available)

**If you child has any allergies to any of the ingredients, please do let me know ([rbarker@busbridge-junior.surrey.sch.uk](mailto:rbarker@busbridge-junior.surrey.sch.uk)).**

DoubleDays also provide us with more opportunities to help children develop a range of Transferrable Skills: Problem solving, Communication, Team-work and collaboration, Self-management, Resilience, positive attitude/work ethic, Leadership, Creativity / self-expression.

The teachers have spent time planning for what we hope will be a really fun and educational couple of days. If you have any further questions about this DoubleDay, please do not hesitate to get in touch.

Best wishes

Rachel Barker - Deputy Headteacher

