

St Mary's is a Healthy School because...

- We love our healthy **school dinners**. We thought the BANES **Big Breakfast** was a brilliant idea and can't believe that virtually everyone in the school loved porridge!
- We have an annual **Health Week** when we link all of our work to our health. We have Sports Day, and whole school (and parents) Wake & Shake every day. There are lots of clubs to choose from (martial arts is very popular this year!) We enjoy loads of physical activities: **Outdoor Play And Learning** - everyone in school has wellies and is allowed to play out freely (up trees, building dens, tyre swings, digging, dressing up...) everyday, whatever the weather; weekly Golden Mile for the whole school community, more than two hours of PE...
- Our School Council helps make decisions on all sorts of school matters. Our voice counts - we are heard in Circle Time, and some children go to our nurture group, "Happy Hour". Their favourite activity was a beautiful walk in Ammerdown Woods. The Y5 children have been involved in the **FRIENDS** programme with the Schools Nursing Team and have really enjoyed thinking about their feelings and learning how to relax.

In the future the children have said they would like KS2 to have fruit snacks at playtime. Older children would like to go on "Wellie Walks" like Early Years do! They would also like "Show and Tell" to carry on throughout the school... Although we are reminded to keep safe in the sun we would like to plan a shaded place with a bench under our trees.

Years 5 & 6

St Mary's Primary