



It's been a very different term to usual but lovely to see all the children back and so keen to participate in their PE lessons. We always encourage the children to be active, not only in their PE lessons but also at playtime and outside of school and love to hear of their achievements at all the different clubs they attend.



At this time it has been more challenging for them and many options have been limited but it has been great to hear the children telling us about the activities they have been doing to help them stay fit – walking to school, trampolining in their gardens, running with their parents or scooting in the park - every bit counts towards helping our children develop healthy habits.



As ever we have been proud to see them demonstrating the values which underpin all our sporting endeavours – passion, respect, self-belief, teamwork, honesty and determination.



### Cricket Coaching

Platform Cricket have been coaching Year 4 since half term and the children in that year, as in previous years, have really enjoyed the sessions.

We hope that, if they are able, the children may be able to participate in a cricket festival with other schools later in the year. No doubt there are some budding cricketers amongst them so let's hope they get the chance to play some more!



*"My favourite bit was when I was a batter because I knew when to run and when not to run" Dylan S*

*"I really liked it when we were the fielders and we had to catch the ball and throw it to the wicket keeper" Ebere*

**"Don't aspire to be the best *on* the team. Aspire to be the best *for* the team."**



### Autumn Personal Challenge

Throughout this term the children in KS1 and KS2 have been doing shuttle runs as a personal challenge. The idea has been to work on improving fitness and stamina with the aim of showing determination to improve individually rather than to be the fastest in the class. The children rose to the challenge really well and worked hard to do the best they could.



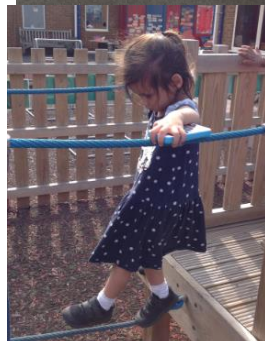
*"It was good because I really like running. We had to see how many we could do" Chidera*  
*"I liked it because I like running. I got better because I got a higher score" Joel*

### Free Vitamin D Supplements

Vitamin D is important for you and your child. It helps to keep your bones, teeth and muscles healthy. If you are pregnant, recently gave birth or have a child under four and live in Lewisham borough, you can get free vitamin D supplements.

For more information please visit:  
<https://lewisham.gov.uk/freed>

Well done to the following children who have been nominated for demonstrating our sporting values : Y1 Nataniel, Zachary, Adora Y2: Diamond, Stefan, Angela Y3: Lucy, Oriah and Valen Y4: Crystal, Benedict and Chiedozie Y5: Liam, Santiago, Francesca Y6: Cameryn, Christabel, Chioma and Spencer



### House Captains

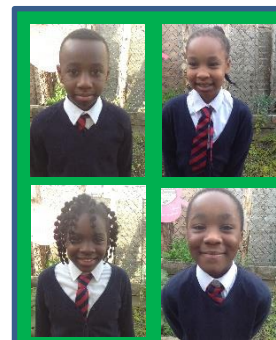
Congratulations to the following children who have been chosen to captain their houses:



*Victor  
Alyssa  
Tiwa  
Vanessa  
Keoni  
Dylan  
Chikwe  
Idowu*



*Joyce  
Olyana  
Francis  
Amanda  
Victor  
Tania  
Spencer  
Grace*



### Inter House Sports Competition

Great teamwork from St Theresa's - they scored the highest combined points to win this term's Inter-House Competition! The results were based on inter-house competitions during PE lessons and the shuttle run challenge.



# ISOLATING AT HOME

Your child may suddenly have to stay home from school and the family to isolate. Here are lots of ways for you all to keep healthy at home during isolation.



## PHYSICAL ACTIVITY

- ✓ Be as active as you can
- ✓ Stand up every 20 minutes
- ✓ Walk often
- ✓ Try a virtual exercise class



## SIT LESS, STAND OFTEN, MOVE MORE

- ✓ Reducing the time you are sitting is important.
- ✓ Play hide and seek around the house
- ✓ Progress to some gentle, frequent walks around the house or garden if you have one.



## ACTIVE SCHOOLWORK

Being active helps memory, concentration and coming up with ideas.

Remind your child to:

- ✓ Stand up whilst learning important words
- ✓ Walk around whilst learning a phrase or thinking about an answer
- ✓ Stand up when reciting work
- ✓ Walk around the house for 5 minutes before doing any mock tests or exams



## GOOD FOOD HABITS

Now is a great time to develop good food habits.

Follow them as a family or group, then you can all remind and encourage each other to eat properly - and not too much!



## ACTIVE SWAPS

Make simple changes by setting yourself some Active Swap days:

- ✓ Swap sugary drinks for water
- ✓ Swap chocolate for fruit
- ✓ Swap white bread for brown
- ✓ Swap a snack for a walk or exercise
- ✓ Swap cereal for boiled eggs
- ✓ Create a fresh food day

And remember standing up or a walk after a big meal is good for your digestion.



## ACTIVE CHALLENGES

Set you and your family simple daily targets:

- ✓ Stand up together every 20 minutes
- ✓ Go for a walk of 1,000 paces around the house or garden every day (and take the stairs if you have them)
- ✓ Try a standathon. Who can stand up for the longest!
- ✓ Playing board or computer games? Making standing up part of the game (like when you throw a six)
- ✓ Make tidying up an Active Movement
- ✓ Let your child be in charge of being active for the day!



## WORKING FROM HOME

You may have to stay at home to look after an isolating child. Add standing and moving to your work routine too.

Standing conference calls can be much more dynamic!



## PROTECT THE NHS

During your isolation period you should not leave your home.

If vulnerable and needing immediate support call **01753 944198**



HANDS



SPACE



FACE

## MORE TOP TIPS

- ✓ Stand up to brush your teeth twice a day with a fluoride toothpaste
- ✓ Sleep is important:  
Primary age 10-11hrs  
Secondary age 9-10hrs  
Adults 7-9hrs



## ADDITIONAL SUPPORT

There is lots of information and ideas of how to look after your mental and physical health on the "Health at Home" website.

For more information, visit:  
[www.activemovement.co.uk](http://www.activemovement.co.uk)



## EMOTIONAL WELLBEING

If you require further emotional support check out the following support resources:

- 1) Kooth - For secondary age children
- 2) Every Mind Matters - For all ages
- 3) Public Health Slough - For all ages

