



Royal Mile Primary School
Health Week
28th April – 2nd May 2014



Come and join us this week as we think about our health and our physical and mental wellbeing!

MONDAY – 8.50am to get our week off to a lively start we'll have 'Wake up! Shake Up!'

Animal Man Dave will be bringing a selection of animals for us to look at and learn about!

TUESDAY – Come to school in your sportswear for £1 (no football strips please) and help raise money for Macmillan Cancer Support.

Everyone will be trying out Bollywood Dancing Workshops with Ms Hedley too!

COME AND DANCE! Parents/ Carers and children are invited to come along and dance with Ms Finlayson at 2.45/ 3.15pm in gym hall.

WEDNESDAY– lots of sport and activity tasters with Jonathan from ActiveSchools and the Coaches, including the Hakka dance, cricket and multi-sports activities.

P4/5 are off to the Farm – horse riding with our Riding the Marches Friends

BUG BUSTING – tired of unwelcome visitors or just want to be prepared? DVD and advice session for Parents with Ms Finlayson at 2.15 – 2.45pm

THURSDAY – Scottish Country Dancing for everyone and Circus Skills workshops

COME OUTDOORS - Primary 7 and Mr Forde invite Parents and Carers to enjoy some outdoor learning in the park.

Meet at the school at 1.45pm in outdoor shoes and coats.

FRIDAY– **Sports Day**. Come along to the Queen's Park at 9.30am and support the children as we have fun (hopefully in some sun!)

For the next 6 weeks classes will be completing the Healthy Families Programme and will have homework activities that reflect this. Looking after our health is important everyday so we hope this focus week is just a boost for life long wellbeing and lifelong learning!