

Health Week 2024

This year's Health Week will take place from Monday 20th to Thursday 23rd May. We have a variety of activities planned which we hope will be enjoyed by all the children.

As you will see from the information below, we have a mix of 'old favourites', as well as some new and exciting activities planned. Please keep your fingers crossed for dry weather!



Monday 20th May

Orienteering

Classes will put their mapping skills to the test by completing an 'Around the World' themed orienteering course around the school grounds. P6 pupils will support other classes to complete this activity.

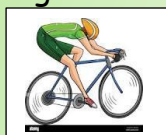


Mrs. McMenemy's Fun Fitness

Our very own fitness guru, Mrs. McMenemy is going to put P1, P1/2, P2, P3, P3/4 & P4 through their paces with a fun fitness and movement session in the gym-hall.

Mr. Cosh's 1000m Cycle Challenge

Mr. Cosh, a student teacher and keen cyclist who has been working with P6, is going to set up a stationary bike in the gym-hall. P5, P5/6, P6/7 & P7 pupils will be challenged to 'cycle' 1000m in the quickest possible time. A variety of other fitness challenges will also be on offer.



Tuesday 21st May

Taekwondo

UKTC will run 30 minute taster sessions in the gym hall for P3/4, P4, P6, P6/7 & P7 classes, to give children the opportunity to try out the martial art of Taekwondo.



River Study

P5 & P5/6 will have the opportunity to take part in river study and pond dipping activities in the wooded area, a short walk from the back of the school. Children must have wellies and a change of clothing to participate in this activity.

Langcraigs Sports Afternoon

After the success of previous years, we have decided to run sports day again during Health Week. Parents are welcome to attend to cheer their children along, or even take part in one of the parents' races if you are feeling particularly energetic! The event will begin at 1.15pm.



Wednesday 22nd May

Inflatable Fun Run

Children will have the opportunity to race a partner over an inflatable assault course in the gym hall. There will be fun obstacles to navigate around, completed with an inflatable slide to the finish line.



Team Building & Potted Sports

Active Schools and the Pupil Council will deliver fun outdoor sessions designed to promote collaboration and cooperation amongst the children.

Team work makes the dream work!



Health & Wellbeing Evening Event

Families are invited to come along to this fun event, which has proved to be very popular in previous years. The event will take place from 5.00pm - 6.30pm here in the school. A variety of activities will be available for children (and energetic adults!) to participate in, such as sport, dance, quizzes, and the inflatable fun run. **Please note, children must be accompanied by an adult. Children arriving without an adult will not be permitted entry.**

Thursday 23rd May

Sponsored Walk

This event is another 'old favourite' we are delighted to be running again, with the assistance of the Gleniffer Braes Rangers.

P4 - P7 will go on their walk 'up the Braes' in the morning, with P1 - P3/4 completing a shorter walk in the afternoon.

We are keen for this to be a community event so are hoping that **as many parents, carers and relatives as possible can join us**. Please let us know if you can come along via a SeeSaw message or by completing the return slip on the sponsor form.

Sponsor forms (issued with this letter) should be completed and returned to school. **Sponsor money can be paid in cash to the school office or via ParentPay**. Sponsor money should be returned by Friday 31st May.

Eat Well to do Well!

As well as promoting physical activity, the children will be encouraged to think about healthy eating during Health Week.



Our support staff are going to work with small groups making smoothies and juices from fruit and vegetables throughout the week.

We are asking that each family donate a small pack of fruit or vegetables for this activity. Children should bring their donation in on **Monday 20th May**. Any fruit or veg will do other than potatoes!