

Health Month Newsletter

KEEPING PARENTS INFORMED

This is one of a series of newsletters to keep our Parents/Carers informed about events and activities which are taking place in Dunard Primary and Nursery Class during October 2014 when we have a major focus on Health Promotion in all classes.

Dunard Partnership Working

We are very fortunate to have highly exciting educational workshops during October hosted by expert leaders from Health, Fitness, Police, Medical and dentistry students, dance and Community Projects. Teachers and Pupil Support Assistants shall accompany classes.

Great Scottish Run

Primary 6/5 took part in Primary Schools' Great Scottish Schools' Run at Glasgow Green on the 3rd October following specialist input from the Garscube Harriers. This consisted of the 2k run followed by come and try sports.

Kathakali Dance

Primary 6, 6/5 and 5/4 all had the opportunity to participate in traditional Kathakali dance in workshops led by the Kathakali Dance experts in partnership with the Scottish Mask and Puppet Centre.

After School/lunchtime Clubs

We are pleased to offer an extensive range of lunchtime and after school clubs. These are offered throughout the session and further clubs are available later in the term for those classes who have not been offered them to date.

Mondays: After school gymnastics P3s 27/10—01/12 3—4pm

Mondays: P6 & P7 lunchtime football Mr Cheyne

Tuesdays: Girls' football/sports—P5-P7 3 00—4 15pm
26/08/14 until 2nd December 2014 then Jan—June 2015

Wednesdays: Boys' football at St Charles' P6/7 27/08/14—03/12/14 then January until June 2015

Wednesdays: P6 & P7 lunchtime football NGFDG all year.

Thursdays: Chess club P4-7

Thursdays: Basketball P4 & P5 30/10—11/12 3:00—4:00

Fridays: P5—P7 Dance 03/10/14 to 21/11/14 **Dance Show**

Active Andy and Active Amy Assembly

All classes received lessons on 60 minutes of activity per day from Active Andy and Active Amy. Health diaries were issued P1-P7. Playground Pals applications discussed as helpers to promote the 60 minute message.

Handwashing

Primary 1a, Primary 1b and Primary 1c have been learning about germs and the importance of handwashing using highly motivational lightboxes. This session was led by Judith one of the school nurse team.

Tobacco Awareness

Primary 6 and 6/5 shall be learning about the effects of smoking on the body from one of our expert contributors to Health —Irene Stewart.

Oral Health

Primary 1—7 have been learning about how to look after their teeth and the importance of brushing twice per day. **Toothbrushing** shall take place at lunchtimes also for P1 & 2 from November 2014.

Alcohol Workshops

Primary 6 and Primary 7 have been learning about the legalities and effects of alcohol on health from Mary Louise Stone.

Drug Awareness

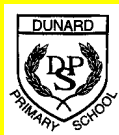
Primary 7 & Primary 6 pupils have been learning about drug awareness and making positive choices. I am sure that they will be delighted to share what they've been learning at home.

Hip Hop Dance

Primary 6 & 6/5 shall be learning about the benefits of physical exercise through Determined to Dance specialist coaches throughout October, November until 2nd Dec.

Commonwealth Champions

Primary 5/4 and Primary 4 have been building on the Commonwealth Games Legacy by learning about Commonwealth Countries and related sports. 09/09/14 = 18/09/14. Dunard shall be displaying our new **Commonwealth Award plaque** for great Commonwealth learning.



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