



Our Ref: TZW/kmd/primaryH&B

30 September 2021

Dear Parents/Carers

Re: Oldbury Wells School - Health and Wellbeing Morning

Oldbury Wells School is pleased to be able to re-establish their programme of primary workshops and are inviting your son/daughter's class to attend our "Health and Wellbeing" morning which will take place on Tuesday 5th October 2021. The workshop offers your son/daughter the opportunity to engage in two sessions designed to raise further awareness about healthy lifestyles, whilst also giving an opportunity to meet staff and gain an experience of secondary school.

Oldbury Wells PE staff will lead an "Exercise & Fitness" session, with a second session being run in one of our Science laboratories undertaking food testing. In addition, our catering team will be promoting "Healthy Eating" and will provide a snack and optional packed lunch to take away. The format of the workshop is as follows:

- 9:00am - Collection from primary school
- 9:30am - Arrival at Oldbury Wells
- 9:30 to 9:45am - Welcome assembly and setting the scene
- 9:45 to 10:55am - Session 1
- 10:55 to 11:15am - Break including Healthy Snack
- 11:15am to 12:25pm - Session 2
- 12:25 to 12:45pm - Summary assembly & goodbyes
- 12:45pm - Depart for primary school

The workshop will be managed carefully to ensure that the integrity of primary school class groups is protected with all Covid secure measures in place. Primary class groups will not have contact with OWS students or mix with other primary school groups throughout the workshop.

Transport to and from the workshop will be provided by Oldbury Wells School via minibus or pre-arranged coach and will only transport children from your child's school. Your son/daughter will be accompanied by their class teacher or primary school staff at all times, who will also help support the planned sessions.

The PE session will be an active session so we recommend that students arrive in their PE kit so they are comfortable while taking part, students should also bring a water bottle with them.

Our team at Oldbury Wells are very much looking forward to welcoming your son/daughter; thank you for your support in re-establishing these important opportunities.

Yours Faithfully

Tom Williams
Assistant Headteacher

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