



# WELLSPRINGS SCHOOL NEWSLETTER

[Wellsprings School TV - YouTube](#)



**Wellspringsprimary**  
(our Instagram name)



<https://twitter.com/WellspringsPri>  
(our Twitter account)

Wellsprings School Group  
(our Facebook name)



Wellsprings Website: <https://wellsprings.somerset.sch.uk/>

School blog on our website: <https://wellsprings.somerset.sch.uk/blog-template/>

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Friday 19<sup>th</sup> January 2024

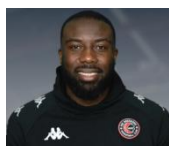
## Healthy Schools Week (page 1)

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### Health Schools Week

Starting next week, we have a wonderful week of being 'Healthy mind, healthy body'. It's back-  
**HEALTH WEEK!**

There will be all sorts of healthy activities running throughout the course of the week. This includes, healthy eating sessions, Yoga, hygiene routines, mindfulness... amongst a host of other things.



We have a prime athlete visiting on Thursday to talk about his healthy routines. Chris Tawiah will be in to talk to all the children

about his sporting life, as a successful basketball player.

On Friday we have a Karate assembly and workshops with Thea Priest. She visited us a few years ago and the children loved learning some basic karate techniques.



Farmlink will be coming in to do animal assemblies and workshops across the week with the children, which we are thrilled about!

We also have planned a host of cooking/making food experiences linked to our Healthy School week.

It sounds IMMENSE- thank you to Mrs Lawrence for organising things, with the help of Miss Hawthorne. **Thanks also to the PTA who have**



**funded a great many of the wonderful activities we have planned!**

### Dates and information about the school



- 19.01.24 Newsletter out
- 22.01.24 Health Week starts
- 31.01.24 Grey Squirrels Class assembly 2.30pm
- 06.02.24 Safer Internet Day
- 07.02.24 PTA Valentines Disco
- ~~07.02.24 Rabbits class assembly 2.30pm~~
- 09.02.24 Newsletter out
- 09.02.24 Last day of Spring Half term 1
- 19.02.24 School opens for children
- 21.02.24 Foxes class assembly 2.30pm
- 23.02.24 Newsletter out
- 04.03.24 Book Week starts
- 08.03.24 Book dressing up day

Please visit our website for key dates across the year: <https://wellsprings.somerset.sch.uk/events>

Wellsprings website school blog is here: <https://wellsprings.somerset.sch.uk/blog-template/>

Wellsprings School open Facebook page is here: <https://www.facebook.com/wellsprings.school>

Newsletters are here: <https://wellsprings.somerset.sch.uk/>

Next newsletter: Friday 9<sup>th</sup> February 2024