



**EDUCATION**  
 KING'S PARK PRIMARY SCHOOL  
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 DALKEITH  
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6th May 2019

## Health and Wellbeing Update

Dear Parents and Carers,

I am writing to inform you of three Health and Wellbeing Events happening in the coming months:

### Walk to School Week 13<sup>th</sup> May – 17<sup>th</sup>

We will be celebrating Walk to School Week by encouraging children to travel actively to school next week. Each class will keep a tally of how many people in their class have managed to walk their school journey.

### Sports Days

Sports Days will be across three days dependent upon age and stage and will be run as a mixture of potted sports encouraging participation for all pupils through to more competitive races in the upper school. All events will be held in the park just off the tarmac area.

The dates and times are as follows:

Class	Date	Time
Primary 5 to Primary 7	Monday 27 <sup>th</sup> May	10.15 – 12.15
Primary 2 to Primary 4	Monday 27 <sup>th</sup> May	13.30 – 15.00
Primary 1	Tuesday 28 <sup>th</sup> May	9.30 – 10.30
Nursery	Friday 31 <sup>st</sup> May	AM – 10.15 – 11.15 PM – 13.00 – 14.00

Pupils should bring their PE kit on this day and be prepared to be active for the majority of the time they are outside. As always we would welcome you to come along and support your son/daughter at their relevant event. Our PTA will be serving tea and coffee at each event.

### Health and Wellbeing Week 2019

Our Health and Wellbeing Week will be held on w/c 3<sup>rd</sup> June 2019. The theme for this year is "KP Keeps Healthy, Active and Safe". We have organised a range of activities to take place this week including a variety of guests coming into school to

deliver sports and health related lessons. Pupils are welcome to come into school for that particular week in sports clothing. If any parent has a particular skill in sport or health related subject then we would be delighted to welcome you into school to share with our pupils. Please contact me via the office if you would be willing to visit.

Can I also remind parents that we are fortunate that the NSPCC is visiting school to talk directly with parents on Internet Safety. Please return the slip on the original letter in regards to this one if you wish to learn more about keeping your child safe online. The session will run in school on Friday 7<sup>th</sup> June 11am – 12noon.

### **Sports Scotland Gold Award Celebration**

As you may be aware we successfully retained our Sports Scotland Gold Award after submitting evidence towards the end of last year. This evidence demonstrated the school's commitment to sport as an integral part of the life of the school. We will be celebrating this award on the first day of Health and Wellbeing Week. Our Sports Development Group will be hosting a whole school assembly on Monday 3<sup>rd</sup> June at 9.15am. Pupils on this day are welcome to wear their own sporting kit on this day. Whether this be Dalkeith Thistle, Upbeat Dance, Dalkeith Rugby, Judo Club etc. Please note that 'professional sports colours' are not appropriate for either Health Week or the Gold Award Celebration.

Thank you for your continued support and as always if you have any questions please contact me via the school office.

Kind regards,

Jamie Dougal  
Acting Depute Head Teacher