

“It takes a whole community, to bring up a child”



# Ark Boulton Academy



Dear Parents and Carers,

I am delighted to write to you and share our new Lower School Health and Wellbeing curriculum.

The health and wellbeing of our students has been hugely impacted throughout the Covid 19 pandemic. Students have had little outside time, have been largely inactive and have had almost no physical activity. As a result, there has been a significant increase in physical and mental health issues.

Our new Health and Wellbeing curriculum for Lower School has been especially designed to ensure that your child acquires the knowledge and understanding needed to lead a healthy lifestyle. This include developing positive healthy eating habits and enjoying physical activity as part of their daily routine. The Health and Wellbeing team are committed to ensuring that every student leaves Ark Boulton Academy with the resilience and habits required to have a long and fulfilling future.

### What does the curriculum include?

The curriculum combines food and nutrition with physical education to give your child a holistic view on what great health and wellbeing looks like. They have two lessons a week, one theory and one practical.

Throughout the year, every student will complete a range of practical cooking lessons where they learn a range of skills, from making a sandwich, to baking bread. The theory lessons will focus on the food and nutrition aspect of health. Students will learn the foundations of healthy eating. In the practical lesson, students will complete a range of fitness activities and play sports making them work hard physically. It is our aim for every student to finish the lesson feeling like they have pushed their own personal fitness.

### How can you help your child?

There are many ways that you can support your child with their health and wellbeing. Firstly, it is important that students are prepared for their lessons with their Health and Wellbeing kit. This consists of the Ark Boulton trousers, t-shirt and trainers. Students can opt to wear an Ark Boulton PE shorts and PE jumper. If your child feels unwell, they must bring a note to the lesson and their Health and Wellbeing kit. They will still be expected to participate in the lessons, but this will be adapted to suit their needs.

Did you know that your child should be doing at least 60 minutes of physical activity each day?

This is activity that makes them out of breath and increases their heart rate and can be done throughout the day in smaller amounts. Below are some ideas of how you and your child can be physically active:

- Go for a walk together
- Play a sport in the garden or local park – football is a particular favourite of our students

*Herminster K Channa OBE JP – Executive Principal*

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“Growing together, reaching higher”

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School of  
**CHARACTER**



# Ark Boulton Academy



- Try a new activity. Ackers Adventure offers a variety of exciting activities that you can try. <https://www.ackers-adventure.co.uk/>
- Complete 10,000 steps a day. If your child has a Smartphone, they can download an app which will count their steps. To maintain a healthy weight, it is recommended that we should do at least 10,000 steps a day.
- Walk to school – a quick fix to increase physical activity levels
- Get your child to help with the housework. Ask them to help with dusting or hoovering, or even carry the shopping home.
- Look at the Active Recovery Hub created by Sports England for more ideas <https://www.yourschoolgames.com/active-recovery/>

As well as being physically active, it is essential that your child eats a healthy and balanced diet. You can find out all about healthy eating and recipes using the links below.

- Eatwell Guide - <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>
- Healthy eating for children - <https://www.bbc.co.uk/cbeebies/grownups/portion-sizes-for-kids?collection=parenthood-tips-and-tricks>
- Change4Life - <https://www.nhs.uk/change4life>

With the half term approaching, please find time to spend with your family improving your health and wellbeing by exploring some of these ideas.

Finally, I would like to say thank you in advance for your support with our new Health and Wellbeing curriculum. It takes a community to raise a child.

Yours sincerely,

Mrs Huckstep  
Director of Health and Wellbeing



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