



# PE and HWB



## Newsletter



Dear Parents/Carers

I would like to take this opportunity to introduce myself, Miss Clancy, as your child's new PE teacher and Health & Wellbeing Coordinator. The children have settled in well and it has been lovely to see their cheery faces again. I have thoroughly enjoyed working with each class over the last few weeks and I look forward to the year ahead!

Children will continue to receive two and half hours of P.E. every week. As the PE and HWB coordinator I will be delivering 1.5 hours of the PE curriculum and your child's class teacher will deliver a further 1 hour.

### PE Curriculum

At present, all PE lessons will be taken outdoors on our school pitch. This is to ensure the safety of both our children and staff. However, as guidance changes we will adapt our lessons, and continue to keep you updated. The children have enjoyed getting outdoors these last few weeks and I have received positive feedback from all pupils. To ensure children receive their full PE curriculum, we will be going outdoors whenever possible and in all weather conditions, therefore it is important that children come to school suitably dressed on their PE days. An outdoor, waterproof jacket is essential not only for their PE time but also for outdoor breaks and lunches. We also advise pupils wear long joggers/leggings and a jumper/cardigan as the cold weather is creeping upon us!

Please see below a table of PE days for each class:



Class	PE Days
P1D	Wednesday & Friday
P2	Monday & Wednesday
P2/3	Monday & Wednesday
P3	Tuesday & Thursday
P3/4	Tuesday & Friday
P4/5	Wednesday & Friday
P5	Monday & Friday
P6M	Thursday & Friday
P6V	Tuesday & Thursday
P7	Tuesday & Thursday



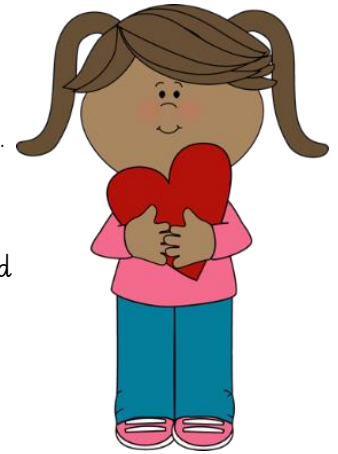
The main priority for PE lessons at this moment is ensuring the children are settling in well to the new routines and enjoying their time outdoors. This term, the focus is on fitness. The children have enjoyed creating their own circuits and exercises outdoors and are learning about how to keep our bodies healthy through exercise.

I will continue to keep you informed of any changes to PE over the coming months.

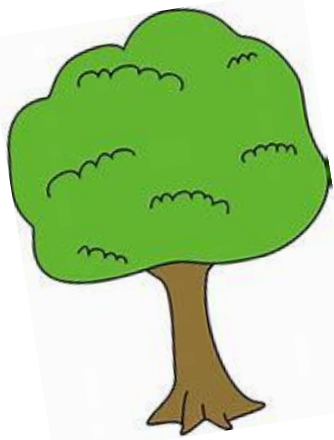
## Health & Wellbeing

Along with teaching your child PE, I am also very excited that I have the opportunity to work with them in class for one hour per week delivering areas of the HWB curriculum. I will be delivering lessons in line with CfE levels which will develop your child's social and emotional wellbeing. PATHS will continue to be used throughout the school and will be the main HWB curriculum. PATHS stands for 'Promoting Alternative Thinking Strategies' and is designed to facilitate the development of self-control, emotional awareness and interpersonal problem solving.

We are aware many of our children may have struggled during the changes which have been presented to us all this year, therefore ensuring every child is happy and healthy is our number one priority.



## Outdoor Learning



This year, we will be developing our outdoor learning facilities at Wester Cleddens. I am part of a working group party who will be leading on developing our outdoor area which will allow for a wide range of outdoor learning opportunities. So far, staff have attended virtual training to develop their own skills and also identify ways in which we can utilise the space we have. Children have also been consulted and have worked with class teachers to plan ideas to improve our playground space. We are all looking forward to the changes ahead and the children are also very excited to take their learning outdoors more!



**Outdoor Resources: Can you help?**



At Wester Cleddens, we are extremely grateful for our wonderful parents/carers and the opportunities they have helped with over the years. Again, we are asking for some help to develop our outdoor space. We are currently looking for any logs, wood, tarpaulin, tyres or any loose materials such as stones, sticks, materials which can be added to our outdoor bank of resources. If you can help in anyway, please can you contact the school office and ask for myself.

Thank you again for your continued support, particularly with the changes which have been presented this year. Should you have any further questions about PE, Health and Wellbeing or Outdoor Learning, please do not hesitate to contact me via the School Office.

Yours sincerely

Miss Clancy  
PE/HWB Coordinator



*Happy Together, Learning Together, Achieving Together*