



TATTENHALL PARK PRIMARY SCHOOL

Dear Parents and families,

We have had an exceptionally busy week with lots of visitors in school for **Health Week**. The children's personal development curriculum is equally as important as their academic curriculum and this week they have had some fantastic opportunities to learn more about careers in health and experience first hand a range of wonderful workshops.

On Monday morning Mrs Harkness visited Years 2, 3 and 4 to teach the children about healthy eating in her role as a **dietitian**. The children had a really practical nutrition workshop grouping foods, learning about what to eat and drink to grow and be strong and healthy. They also had the opportunity to learn about the sugar content of a range of foods and drinks – some of the facts were shocking! The children were really excited and engaged in their workshop, huge thanks to Mrs Harkness for giving up her time twice this week!

On Tuesday morning Mrs Hartley brought Stanley the Skeleton in to meet Years 1 and 2 and share her experience of health work as an inpatient **physiotherapist**. The children had the opportunity to learn about muscles, joints and bones, including how many bones are in our body, which bones protect our heart, lungs and brain and which is the longest bone. The children asked fantastic questions and labelled Stanley accurately, they asked Mrs Hartley really insightful questions about her job. Thanks Mrs Hartley for sharing your experiences and your precious time with us!

On Wednesday morning Mr Price led a fantastic workshop for Year 6 about emotional health and wellbeing linked to his career as a **youth worker**. The Year 6 children discussed what makes emotional health stable and unstable, using giant Jenga to illustrate how poor mental health can happen and how to rebuild it. Mr Price was incredibly impressed by the Year 6 children's existing knowledge, their level of questioning and their engagement. Thank you Mr Price for your time and expertise.

On Thursday morning Mrs Mason visited Years 5 and 6 to share her scientific knowledge about the development of new medicines in the pharmaceutical industry, where she works as a **scientist**. Mrs Mason taught the children about clinical trials, drug development, how bacteria can impact a sterile environment and how the industry needs licenses to make medicines. The children had an amazing opportunity to "gown up" and wear the sterile clothing and equipment Mrs Mason would wear at work! Thank you Mrs Mason for your time.

This morning Mrs Harkness came back to visit Year 5 and 6 and Mrs Brookfield also visited Year 6 to share her career development as a **Cognitive Behaviour Therapist**. In Years 5 and 6 Mrs Harkness facilitated great discussions about different diets including vegan, vegetarian and pescatarian, she also gave the children chance to measure teaspoons of sugar in a range of familiar foods and drinks. The children also learned about the way patients in intensive care can be fed intravenously and by feeding tube. Mrs Brookfield led an exceptionally mature discussion with Year 6 about managing feelings, emotions and behaviours. The Year 6 children shared their amazing knowledge of how to support their emotional health including exercising, getting out in the fresh air, keeping to a routine, eating healthily, socialising, resting and talking to friends and family. Mrs Brookfield taught the children about psychology and the science of the mind, and about how people may struggle with their emotional health but hide it well. Thank you Mrs Brookfield for your time this morning!

We also welcomed Father Lameck and his guest Pam Malone to assembly yesterday – thank you both for visiting us to share with the children some poetry linked to our value of friendship, the children had some fantastic questions for you both.

Last Saturday, Jenny and Fiona who lead our gardening projects, worked with a team of volunteers, which included children, parents and grandparents, to transform our outside areas facing the pathways to the park – thanks to everyone who came to help and a huge thanks to Jenny and Fiona for organising. We would also like to say a huge thank you to Treefellers who donated the chippings. The transformation is captured on our Instagram if you haven't seen it in person.

I am pleased to announce that the PTFA managed to raise £250 from the sales of raffle tickets for the Bolesworth Christmas lights, so a big thank you to them and to you all for your participation.

Please could I ask that you return a Parent Survey that I will distribute early next week, this is to capture your views and reflections on the Autumn term, enabling Mrs Bolton to continue with what is going well and plan any changes when she takes over from me in January. Thanks in advance for your engagement with this.

Have a lovely weekend and I'll see everyone on Monday,

Warm regards,

Miss M Fairweather

Interim Headteacher Autumn Term 2023

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