

PBR Green Gazette

Helping our children to eat better, move more
and live longer

July 2016

Looking back on another year of Healthy Schools and what a year it's been! We've introduced our whole school challenge "Let's get Bolton Royd Moving!" and the children have been very active in making it happen; from Sports Leaders, Wake Up Shake Up, sports tournaments and Wheels Week.

It's official – we are a Healthy School!

We had an important visitor on 15th June, a member of the Healthy Schools Team in Leeds. Saira Mumtaz-Jones came to see all the good work that is going on and confirmed that we met all the criteria for Healthy Schools Status. Ms Upton and two of our Y5 School Food Ambassadors went to the Civic Hall in Leeds to collect our award. The award is a fantastic celebration of all of our hard work and the staff's commitment to providing fantastic opportunities for all pupils. Well done PBR!

Our visitor spoke to parents, pupils and staff. This is what the pupils said about our school:

"Everyone is kind, teachers don't shout and everyone answers politely."

"Our after-school clubs teach us new skills and help you in lots of different sports."

"However old we are, we need to know what we can do when we feel sad and what facial and body language is."

"The cooking lessons help me cook better."

You can read the full report on our website – a few quotes from the assessment day are below:

The school has a warm, welcoming and caring ethos

All pupils spoken to shared how proud they were to belong to their school

Emotional Wellbeing and Mental Health is a real strength at Pudsey Bolton Royd Primary School.

The excellent range of activities offered to pupils during the break and lunchtime period including skipping skills, Paralympic and whole school Wake Up Shake Up as well as extracurricular activities, has enabled and encouraged pupils to participate and engage with a sport that interests them, thus making physical activity extremely inclusive.

The school dining hall environment is well managed and calm. Copies of the school menu are available on the school website. The meal was hot, tasty and enjoyed by pupils.

Wheels Week

We had a fantastic response to our first ever “Wheels Week” at the start of this term. An impressive number of children took up the challenge to cycle or scoot to school, even in the snow, rain and hail! Children could win prizes for cycling or scooting every day and enter the Best Dressed Bike Competition. We are really pleased that many children are continuing to cycle and scoot to school. Don't forget, children should always wear a helmet when cycling.



Y6 Bikeability

Over 40 pupils took part in Road Safety and Cycle Training led by the staff from Leeds Bikeability. The children learnt about how to follow the rules of the road, safely signal to other road users and plan safe routes. Each child spent at least 7 hours practicing their cycling skills before being awarded with their Level 2 certificate.

Cycle City Connect

The cycle route from Bradford to Leeds is now open! The route goes very close to school along the Leeds-Bradford Road and could provide a great option for families wanting to cycle to school. You can find out more information on the City Connect website:

<http://cyclecityconnect.co.uk/projects/cityconnect-cycle-superhighway/>

PE and School Sport

Another busy term for PE and sport is about to finish! Firstly, we were all really disappointed to have our annual Sports Day thwarted by the Great British Weather. After three attempts to hold it, there were no other times when the

whole school could get together. Fingers crossed for summer weather next year!

Year 5 has taken part in an orienteering festival and Year 4 has taken part in a games festival, both with Pudsey Tyersal School who visited us. Boys and girls from Year 4 took part in the Drax cricket competition and the Year 6 boys competed in an Under 11 tournament. Unfortunately, the weather prevented the Year 6 girls from playing in their cricket tournament. The Year 6 girls' netball team won their tournament and then came second place in the West Leeds finals. The mixed netball team also came second place in the area tournament. The Year 5 tennis team got through to the area finals where they came fourth place. Great work everyone!

For the first time we entered a Year 4 team into the Leeds Skipping School Festival and they came second place which meant that they went forward into the Leeds final! They got lots of bronze, silver and gold certificates. Year 2 also did really well in their Skipping Festival. Excellent work skippers!

Thirty children from Key Stage 1 and 2 travelled to John Charles Stadium in South Leeds to compete against 12 other schools in the Mini Olympics. The Year 3 and 4 team came first in their competition and we came third overall. This is our best result ever!!

I would like to thank the staff who have given up their time to run sports clubs this year as well as all the staff that have helped out at competitions outside our school.

Summer holidays homework:

1. Go swimming in a public pool (never go swimming in canals, lakes or rivers).
2. Go for a bike ride (wear a helmet).
3. Play a throwing and catching game in the park or your back garden.

Have a happy and healthy holiday!
From the Healthy Schools Team

