

CLIFTONVILLE PRIMARY & PRE-SCHOOL

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Head Teacher: Ms Claire Whichcord



Dear Parents/Carers,

Well, what a wet and cold term it has been! However, we have not let that stop us experiencing new things on our Healthy Habits project. We have been lucky enough to have had two new sports this term to try. Keely from [About Happy Kids Yoga](#) led assemblies for the whole school and ran classes with Year 1 and Year 3 who thoroughly enjoyed their yoga and mindfulness sessions. Take a look at the link for more information on classes that children can access in the area.

Later in the term, Rich from Mini Athletics (flyers came home in book bags for KS1) ran sessions with Year 1 and 2 and held assemblies with children up to Year 3. They had great fun learning some active moves that they can do anywhere to keep up fitness levels. Take a look at mini athletics website for more information. [Classes for kids - Mini Athletics](#)



In year R children have had Healthy Habits workshops with the Inspiration Creative team in association with the Children's Project with Bethesda Surgery. The children learned about what a healthy plate includes and took home an exciting pack full of Healthy Habits goodies to use at home.





Healthy Habits Champions and Mrs Frith have been meeting regularly this term, and we are contacting local supermarkets in the hope we can persuade them to give the children in KS2 free fruit for breaktime. It is something the children feel strongly about and so they have written their own letters which we will be sending out soon. Watch this space on how they get on!

We have also been watching closely the news around banning social media for under 16's and banning phones being used in school. It is exciting to see the issue being raised with parliament and first steps towards the bans being taken. Please take a look at [Smartphone Free Childhood](#) website for all the up-to-date news on what is happening in parliament for the ban and would encourage you to join the Smartphone free pact. If you would be interested in being a school organiser for Smartphone Free WhatsApp group, please let Mrs Frith know. If you are worried about your child and screens (whatever age) please do come and talk to us at school and we can offer support.

Please do let us know if you have been out and about enjoying new activities, trying new foods and finding ways to reduce screen time.

Mrs Frith (Assistant Head Teacher)

