



Health and Wellbeing at Polperro Primary Academy

As part of our ongoing commitment to supporting pupils' health and wellbeing, we are introducing some exciting whole-school initiatives to encourage active lifestyles and healthy habits.

Water Bottles

We encourage all children to bring a water bottle to school each day. Drinking water regularly helps children stay hydrated, focused, and ready to learn.

Healthy Snacks

We kindly ask that children bring healthy snacks such as fruit, vegetables, or yogurt. These provide sustained energy and support concentration throughout the day.

Marathon Monday

Each Monday, children (and parents/carers) are invited to walk, jog, or run into school. Children will also have the opportunity to run as many laps of our mile-a-day track as they want. Classes will work together to build up distance over time, promoting perseverance, teamwork, and fitness.

Wheely Wednesday

On Wednesdays, children are encouraged to travel to school using a bike or scooter where possible. This initiative promotes physical activity and supports environmentally friendly travel. (Please ensure children follow safety guidance, including wearing helmets where appropriate.)

These initiatives are designed to be inclusive, fun, and beneficial for all pupils. Participation will be celebrated in school through rewards and recognition.

We appreciate your support in helping your child develop healthy habits that will benefit them both now and in the future.

If you have any questions, please do not hesitate to contact the school.