

World Book Day 2023 World Book Day returned to William Barnes (a little delayed) for 2023! This year, after 2 years of potato book characters, families were asked to create a 'Story in a Jar'. Amazing jar after amazing jar arrived during the week, each one reflecting much effort and creativity and many showing spectacular detail!

The children also took part in a story carousel, where they signed up to listen to a particular story and only found out who would be reading it, and where, moments before they left their classrooms to travel! It was lovely to see a mixture of all ages collected in different classrooms to enjoy a story or extract.

As a school, we continue to push hard to share the value and joy of reading: our newly-reorganised library is a success, library visits to the town library continue, collections of 'class stories' where each child has a copy of what is being read are growing and our 'Reading Assemblies' every second Tuesday remain a highlight of the week.

As well as children reading and all its importance and benefits, please remember that reading TO children, particularly younger children has enormous benefits. Have a read of this interesting article from The Literacy Trust to find out more....

<https://literacytrust.org.uk/blog/reading-children-so-powerful-so-simple-and-yet-so-misunderstood/>

(RF)



Year 6 Grow Global Learning Curriculum As part of their geography topic in the Autumn Term, Year 6 Study the Global Goals set by The United Nations.

They are a set of aims, to promote sustainable development, which aim to have eradicated world issues by the year 2030.

As a school, we focus on 3 of these Goals:

3-Health and Wellbeing, 13-Climate Action and 15-Life on Land

Furthermore, linked with their PSHCE curriculum, Year 6 have studied the story of Malala Yousafzai. Malala campaigns across the world to develop Girls' Education.

Education, having been denied her own for a time in Pakistan. She builds schools for Girls in countries where there is no equality of opportunity and continually campaigns for the rights of women and girls.

Consequently, Year 6 were keen to develop two more Goals: 4-Quality Education and 5-Gender Equality. They have created wonderful posters which promote her message, including many of her inspirational quotes, which were displayed around the school on the day. They also organised a Cake Stall to raise funds for the foundation. Many thanks to all who gave cakes and cookies to the stall and to all the money given to pay for them.

The final amount was £220! (RF)





"A good school with outstanding pupil behaviour"- "Most groups of children make outstanding progress"
OFSTED July 2013
"A good school" - OfSTED March 2017



The newspaper of William Barnes Primary School has been written by the staff and pupils to celebrate the school's successes. If you have any ideas or comments concerning the newspaper, please speak to Mrs Wrixon or Mr Hull. Issue 53 Spring 23

Pressure Released as Ofsted Inspection Goes Well Staff and governors breathed a huge sigh of relief when the School's Ofsted inspection finally came to an end on 22nd February and the inspector drove away, not to visit again for at least another four years.

Mrs Wrixon greeted the phone call from the inspector on the first Monday after half term with excitement and enthusiasm before letting all the staff know that it was 'show time.' The inspection, a source of some trepidation for all the teachers for over two years, could not have gone better, with the whole school team, including parents, children, governors, teaching assistants and teachers all pulling together to show the inspector all aspects of the school in their most positive light. The night before, teachers tidied up displays and classroom and put into action all the preparations which they had worked on tirelessly for the preceding twenty four months. Thanks to the foresight of Mrs Wrixon, each question and inquiry the inspector made had already been second guessed in the previous two years of planning, allowing the school to take the inspection process in its stride. The final report is a pat on the back for all those involved and has left the staff simultaneously elated and exhausted.

Positive Report Praises 'Inclusive and Happy' School William Barnes latest inspection report highlights positive attributes of the school.

It mentions the strength of 'mutually respectful' relationships between the pupils and the staff, who have 'high expectations for pupils' behaviour'. The inspector praised the children's involvement in leading the school, including the school council and playtime buddies. Parents are described as being 'full of praise for the school' and the children learn 'about the world beyond the school gates'. The school's provision for art and music is also praised with 'awareness of different cultures' particularly strong in these subjects. Children appreciate 'the variety of books in their classes' and 'sharing stories' and from reception up they 'know their reading routines' and 'enjoy new phonic sounds'. Mr Field's leadership in developing oracy in the school was noted when the report said 'there is a clear emphasis on the use of subject specific vocabulary.' The report particularly praises 'highly effective' teaching saying that staff 'skilfully question pupils and expect them to justify and explain their reasoning' with children 'making strong links within and across all subjects' with teachers being 'skilled at adapting the curriculum and providing high quality support for all.'



Two Years of Waiting Comes to an End Staff at William Barnes, who had been expecting an inspection since 2021, were greatly relieved when the school received the phone call from OfSTED on the first Monday of the new half term.

The school's last inspection took place in 2017. With OfSTED leaving a four year gap between successive inspections, teachers knew that OfSTED could come any day. When the inspectors decide to visit a school, they ring the day before to say they are coming. Soon after the first call, the lead inspector will spend an hour and a half on the phone with the head teacher and any other senior staff who are available, creating a draft itinerary for the next two days for their visit. Although the school has a say, ultimately OfSTED decide what their foci will be during the inspection. The inspector then undertakes a 'deep dive' into various aspects of the school. All schools have a deep dive into phonics and early reading. At William Barnes, the inspectors also focussed on the teaching of art (led by Mr Field), and the teaching of Mathematics. Mr Field, Mrs Gilham and Mr Hull were all involved in extended interviews with the inspector, whilst all the staff were observed teaching either reading, maths or art. Mrs Wrixon accompanied the inspector during observations to ensure that all of her conclusions were fair and accurate.

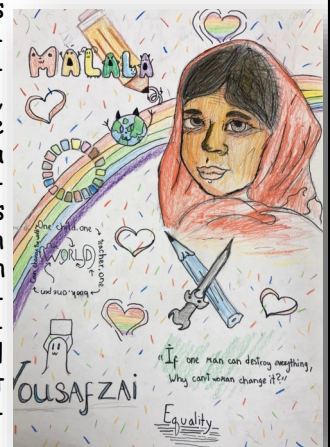


Twenty Three Years of Successful Inspections William Barnes primary school has now had five positive Ofsted inspection results in succession, going right the way back to the year 2002. In 2002, (we think Mr Field was teaching at the school at this point but possibly not as a year 6 teacher), the school was given a positive report at a time before schools were graded. By 2005, Mr Hull had joined the team and William Barnes received its first good inspection grade. This continued in 2009 and then 2013, the year before Mrs Wrixon's arrival. In 2017, our first successful inspection under the leadership of Mrs Wrixon took place and finally just this year the school under went its latest positive inspection experience.



Rich Curriculum with 'Global Ready' Citizens Despite the pressure on schools to focus on teaching reading, writing and maths, Mrs Wrixon has always been a champion for a rich, broad and exciting curriculum.

For many years the school has enhanced the curriculum by giving year 4 the opportunity to learn an instrument, offering 1:1 musical instrument tuition, setting up the Forest school initiative, supporting intra school PE, maintaining three residential trips, scheduling frequent visitors to school, maintaining the swimming pool, supporting the year 6 London trip and arranging the Bournemouth Symphony Orchestra project and ensuring the teaching of French as a modern foreign language. The importance of providing an inspiring and diverse curriculum has always been close to Mrs Wrixon's heart, long before Ofsted's renewed focus on the quality of the curriculum provided to children. She also supported Mrs Gilham in her application for the International School Award recognising the school's work on global issues, Mrs Lewis's work to develop the support for children suffering with mental health concerns, as well as the deep learning provided by staff, and Mr Field in particular, on diversity and difference. This was singled out as a strength of the school with the inspector commenting that the children 'are exceptionally well-informed about diversity and difference. Pupils are accepting in their outlook and are willing to challenge prejudice and discrimination.'



What is an Ofsted Deep Dive? Before 2018, Ofsted inspections used the results of national tests in English and writing as well as each school's own record keeping on their children's progress, as the basis of each inspection. Understandably, some schools focussed specifically on English and Maths to the detriment of the broader curriculum. As a result, under the leadership of Amanda Spielman, Ofsted moved to a different approach using 'deep dives' into subjects to find out the detail that lies beneath the SATs results. During a 'deep dive' inspectors gather evidence from a range of sources including school policies, lesson planning, observations of teaching, children's books, discussions with children, interviews with the subject leader and interviews with other teachers. Drawing together all of these different strands, for at least three subjects, the inspectors begin to formulate a judgement for the quality of the school's curriculum. 'Deep dives' can be worrying for lead teachers, as it is possible for an inspector to choose a particular theme such as 'more able children' or 'questioning in lessons' and keep asking for ever more complex questions requiring ever deeper layers of evidence. Staff always feel vulnerable because teachers literally do not know what the inspectors are going to ask and what their line of inquiry will be. Fortunately for Mrs Wrixon, Mr Hull, Mr Field and Mrs Gilham, the deep dives into Maths, reading and Art all went extremely well.

Second Successful Inspection Under Mrs Wrixon's Leadership Mrs Wrixon has now led the school through two successive inspections in 2017 and this year. In the run up to Ofsted, she tirelessly supported staff in their preparations, setting the direction and priorities for the improvement of the school. During the inspection, itself, Mrs Wrixon had endless meetings with the inspector, taking responsibility for SEND, safeguarding, the curriculum, Global learning, behaviour as well overseeing the history and geography curriculum areas.

Positive Parental Comments Shared with staff by Inspector At the end of the second day, Senior staff were given feedback on how the inspection had gone. For what seemed a very long time Mrs Wrixon, Mr Field and Mr Hull were genuinely moved by the positive feedback that they received. In particular, the inspector shared a selection of comments from parents as evidence for how much the children enjoyed their education. One of these made it into the final report saying that "William Barnes treats each child as a unique individual and seeks to create an environment that is safe and stimulating for my child." As part of the inspection process, parents are encouraged to make comments online. The staff and governors would like to thank the parents for providing an almost universally positive source of evidence to the inspectors.

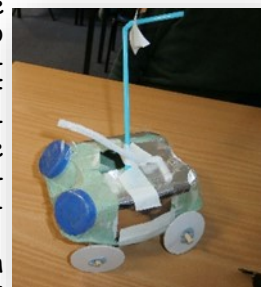
School Council updates At William Barnes School, the children are always encouraged to share their ideas about how our school can be improved by posting their ideas into the **School Council Pupil Voice boxes** that each classroom has. At meetings, the ideas are shared and discussed and those that are thought to be achievable and valuable are then taken forward as suggestions to the Senior Leadership Team. Last year, some of our current Year 6 children felt that the swimming pool changing rooms were in need of a facelift and the school staff agreed. A suggestion put in the Pupil Voice box about playtime snack for KS2 children sparked the idea of a snack trolley on the KS2 playground, where children can buy a healthy snack and we can use the money raised to go towards refurbishing the swimming pool changing rooms. The School Council children created a questionnaire and spent a playtime doing some 'market research' about healthy snacks. The results were collated, approved by Mrs Wrixon and the KS2 Snack Trolley was up and running! It's early days so far but the School Council can see the money starting to add up and hope to continue into the Summer Term. Watch this space for updates on the Swimming Pool Changing rooms! (LG)



Significant Explorers in Year Two This term we have been budding Historians in **Year Two**; we launched our topic with an Explorers WOW day where the children learnt about the job of a Historian. Looking at artefacts and evidence of life in the past, the children began to understand the role of Explorers - looking at world maps and deciding where in the world they would like to explore and how they might get there.



The children now have a rather impressive in depth knowledge of some famous explorers including Matthew Henson, the little known explorer who was in fact the first person to stand at the North Pole! They wanted to commemorate his achievements by creating some portraits of him dressed in his Arctic clothing. Our very own resident artist extraordinaire Mr Field gave us some professional tips on how to do an accurate line portrait and we were all really impressed with the improvements from our first attempts.



The current Year 2 class are a very creative bunch and have made some fantastic Lunar Buggies for Space Exploration, as part of our Design Technology curriculum



where they have been learning new vocabulary linked with Moving Vehicles.

We have covered lots of the Year 2 Science Curriculum and have studied the exciting topic of Everyday Materials. The children have been learning how to conduct their own investigations and really enjoyed investigating which paper was the most suitable for mopping up spills. They all thought that green paper towels would be the best but found party napkins to be the most effective. This led to an interesting discussion about why we use the green paper towels in school instead of party napkins! (LG)



Green Fingers in Reception In Spring 2 all the learning in Reception has been based around 'Plants and Growing'.

We have been delighted to welcome the support from Liz Collins and the Dorset Gardens Trust. The Dorset Gardens Trust awarded us with a grant to develop our garden/nature learning in EYFS. We have purchased a large kitchen planter, a water butt, two bug hotels and some gardening gloves. This term we have welcomed Liz Collins from the Dorset Gardens Trust in to school and she worked with the children and Mrs Roake to plant a wide variety of herbs. Once the herbs are established we plan for the children to use them in the outside kitchen (pretend play!), in our real cooking and in other sensory activities. Liz has donated many of the plants and has also donated a pallet planter which has been filled with alpine strawberries and lambs lettuce. We are all working hard to look after the plants! A huge thank you to Liz and the Dorset Gardens Trust and in addition we must thank Harts of Stur who very kindly donated compost, top soil and the membrane for the kitchen planter - we are very grateful. (HD)

Sporting achievements throughout the spring term It has been a sport filled term for William Barnes over the past months with dodgeball, netball and a number of football tournaments against the Sturminster Newton pyramid primary schools.

A massive congratulations goes out to the year 3 and 4 dodgeball team who managed to win an impressive 5 out of 6 matches to become eventual tournament winners. This included a 'backs to the wall' match against Child Okeford where two catches from George resulted in an important win. The children played in good spirit, supporting one another throughout and showed good sporting values and behaviour.

A lot of football has been played this term beginning with a Davison Cup match against Motcombe Primary School.



William Barnes started well and were 1 up at half time but luck was not on our side with Motcombe scoring 2 goals quickly after the restart. Despite battling hard, the equalising goal didn't come and we wish Motcombe all the best as they progress to the next round.

Years 5 and 6 represented the school well at the pyramid tournament hosted by Child Okeford in early March. They played well as a team and were narrowly knocked out of the group stage on goal difference. In their final game, all the children gave 110% effort but could not find the net and ended up finishing in 4th position. The tournament ended in great excitement

where the final between Child Okeford and Shillingstone went to extra-time and penalties.

Girls from the Sturminster Pyramid met for a barbarian style tournament and girls from William Barnes were eager to show their abilities. The event was a



pleasant, but rainy, afternoon of meeting new friends and enjoying playing football. Well done to all that played at this competition!

Year 3/4 football tournament cancelled - New date: Tuesday 18th April

Mrs Howarth's well-trained netball team enjoyed playing against the pyramid schools at Stalbridge in early February. The fast-paced action made for exciting viewing for parents and staff members alike. This group of children tried extremely hard throughout, supporting one another and their opponents, showing that they are a real credit to our school. Unfortunately, a third place finish was all they could muster despite some fantastic shooting from Imogen. Well done year 6 and Mrs Howarth! (JN)



Year 1's Winter Walk On Wednesday 1st February, year 1 went for a 'Winter Walk' to complement our learning about seasonal change.

We wrapped up warm and headed across the recreation ground to the wooded footpath that runs alongside the river. The children shared their ever-growing knowledge of winter by describing how the scenery currently looks and how it would soon change as we move into spring. There was even time for a scavenger hunt, which the children enjoyed thoroughly. (JN)



Superhero day with Year 1 In January, we began the spring term with a focus on Super Heroes!

The children learnt about super heroes and we discussed different super powers that we would like. Some outstanding pieces of writing were accomplished focussed around this during our English lessons. We then went on to learn about real life heroes and the class enjoyed learning the roles these heroes have in the community. We ended our



Average Attendance at 93% for the Spring term. Families have found it difficult to maintain attendance due to illness this term. High attendance makes a huge difference to the children's progress; The staff and governors would like to thank the parents for playing their part in helping the school to reach our pre-pandemic target of 97%.

Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
92%	92%	94%	95%	95%	94%	91%

Year 4 Mars Day 2023 On Thursday, 9th March 2023 Year 4 celebrated Land on Mars Day 2023 by joining an exciting, interactive online space mission presented by Space-Fund.co.uk. We enrolled as engineers on the international Artemis programme, and we launched to go to the Moon and then on to Mars. We talked about satellite stations, rockets, space stations and what it takes to have a career as an astronaut! (LC)



Reading Cloud for Summer Term The final stages of our library's reorganisation are coming to an end as all the school's books are being scanned onto the reading cloud by volunteers from year 4.

This is an online library system that will allow children to check in and out books at school. Excitingly, the children will have their own account so they can check which books they have out at home, write reviews and search the school libraries database to see what books are available. Once all the books are scanned in, the children will be issued their library cards with their account details on and a bar code to be scanned into the library computer.



Using an app from their phones, parents will be able to check which books the children have borrowed.

Cooking in a storm in Year 4 Year 4 have been learning about different countries that make up the UK.



To celebrate our learning we made two recipes. The first was a traditional vegetable soup containing seasonal vegetables. The children learnt how to peel and chop vegetables safely and we all got to try it before our lunch. Then we baked Welsh cakes. The children showed great team



working and cooperation together to create their batch of Welsh cakes. (LC)

Fantastic Pharoahs Year 3 have been eagerly learning about the Ancient Egyptians this term. They have produced some impressive Egyptian shape poetry using a pyramid as a template.



They also really enjoyed moulding clay into a cartouche and writing their names in hieroglyphics. Finally portraits of the class have been decorated into Egyptian Pharaohs - can you guess any of the faces? (AP)



Castle Garden School Trip In reception this term, we visited the Castle Gardens in Sherborne. We travelled by coach watching the world go by counting the number of cows and tractors we could see. When we arrived, the owner of the garden centre met us and gave us a guided tour of the garden centre. We learnt about what plants need and how they grow. The children were allowed to smell and identify different herbs. We identified lavender, lemon and mint. We had our snack before getting our



hands dirty, filling our plant pots full of compost. Our mother's day plant pots were full of colour after we planted three different spring flowers in them. It was lots of fun preparing our gifts for mother's day. We finished our lovely trip eating our picnic lunch in the butterfly room of the garden centre. Everyone really enjoyed the day and the children made our school proud, behaving and showing respect to all adults who were helping and supporting us. (NL)



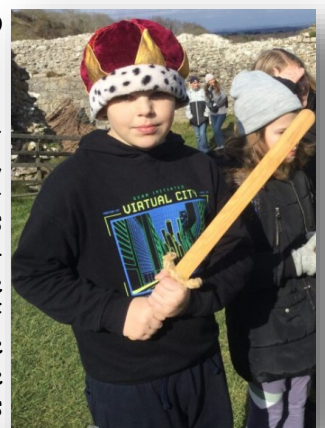
Reception On the Career Path The topic focus in Reception class during Spring 1 was 'People Who Help us'. During this time we learnt about many different types of jobs, the range of job roles within our local community and we were fortunate enough to welcome some visitors to our class to talk to us about their work. At the beginning of February, we welcomed Rosie who is a district nurse and she talked about how she helps to look after people who are poorly and need nursing care at home. She showed us some of the equipment she uses and we were able to try using it for ourselves! We also had a visit from Mandy Robinson the local PCSO (Police Community Support Officer). She showed us the special car she uses and we were all able to have a turn at sitting in the police car. Mandy also showed us the uniform she has to wear and the equipment she has to carry. We took turn to try wearing some of the items of uniform! Finally, as part of our learning about 'People Who Help us' we went to the local library and were showed around the library and the librarians talked about what thing they have to do as part of their job. We were also able to choose and borrow a book from the library, which we took back to school to enjoy. Many thanks to Rosalie Kerby, Mandy Robinson and all the staff at Sturminster Newton Library. (HD)



the staff at Sturminster Newton Library. (HD)

Brilliant Behaviour at Leeson from Year 5 In the run up to this year's trip to Leeson House, Mr Hull was concerned that a number of children might struggle with the annual year 5 residential.

This was because of a range of different worries including getting to sleep, dietary issues and homesickness. Some children were even in two minds about coming. However, all the children bravely attended and had an absolutely fantastic time, with the children's behaviour throughout the trip being exceptional. Mr Hull was so pleased with his class, who joined in with all the activities, but more importantly many of the children were extremely supportive of fellow class members who felt a little upset at various times over the three days. Mr Hull, Mr Field and Mrs Howarth would like to say thank you to all the children for being such a pleasure to be with over the course of the trip, and to all the parents who encouraged their children to attend.



Year 6 Lightning Bolts! In response to the current Take One Picture Project in association with the National Gallery, Year 6 have responded magnificently with their latest art project. They studied the Rousseau painting 'Surprised' and noticed the lightning bolts in the distance. After studying imagery of lightning, they designed their own, enlarging it on to wallpaper and ripping it out to create a stencil. Using a blow-pipe, they sprayed colours, moving the stencil mid-way and removing to reveal a dramatic, energy-filled image! Well done Year 6! (RF)



Kingston Maurward trip - On Wednesday 29th March, year 1 visited Kingston Maurward animal park and gardens to complement their learning in science. The children observed the animals on display while discussing which animal group they belonged to and their diet. Thankfully the rainy weather held off, allowing us to spend plenty of time learning more about these animals. This was followed by a pleasant walk around the lake. The children discussed the difference in plants and trees since our winter walk to enhance their understanding of seasonal changes. The busy day wouldn't have been complete without a quick play in both the indoor and outdoor play areas! (JN)



Science Dome The Week beginning Monday 20th March was our Science Family Learning Week and on the Friday we welcomed 'The Science Dome' to William Barnes School.

The Science Dome is an enormous inflatable dome which was situated in the hall and every class had a session in the Dome delivered by Scientist Neil. The learning sessions the children experienced were either built on previous learning or as an introduction to upcoming learning; the sessions were as follows:

Reception & Year 1: Under the Sea

Year 2: Space exploration

Year 3: Ancient Egypt

Year 4: Light and Sound

Year 5: Solar System Tour

Year 6: Down to Earth

All the children enjoyed their time in the Science Dome and we need to say a huge thank you to the PTFA who paid for the whole experience. Thank you. (HD)



Stay Safe Online with 'Common Sense Media' Have you ever wondered if the game, film or app your child is using is appropriate for their age? Now 'Common Sense Media' will help you and your child to be safe and sure.

The web site asks parents and children to give reviews of games, books, films, podcasts and apps and then summarises the results into a 'kids say' and a 'parents say' summary. It also has some really useful information for parents including advice about how their children can safely use popular social media and gaming apps like 'TikTok', 'Roblox' and 'Fortnite.'

 common sense media®

[Movies](#) [TV](#) [Books](#) [Games](#) [Podcasts](#) [Apps](#) [YouTube](#) [Parent Tips and FAQs](#) [Celebrating Community](#)

Reviews for what your kids are into
(before they get into it)
Trusted ratings created with families in mind.

Generic INTENT

Vision		Mission
<ul style="list-style-type: none"> *An inspirational, stimulating and well-resourced environment *A safe and secure school at the heart of the community *Inquiry, independence and enthusiasm for learning 	<ul style="list-style-type: none"> *Preparing all children for life *A high quality professional team *Taking pride in all our achievements *High standards of behaviour 	Where every child counts
<p>Excellent teaching gives children the life chances they deserve...Enjoyment is the birthright of every child. The most powerful mix is the one that brings the two together. Children learn better when they are excited and engaged – but what excites and engages them best is truly excellent teaching. Education is for all, not the few. All children have the right to be the best they can be. We foster a love of learning and the development of the well-rounded child.</p>		
<p align="center">Preparing Children for Life</p> <p>We believe that we are preparing children for 21st Century life. We aim for them to be independent thinkers, confident learners and global citizens, equipped to live and work in and contribute to the global economy.</p>		
<p align="center"><u>Aims and Objectives</u></p> <p align="center"><u>At William Barnes Primary School, we believe that children deserve:</u></p> <ul style="list-style-type: none"> • To be set appropriate and stimulating learning challenges • To be taught well and be given the opportunity to learn in ways that maximise the chances of success • To be given quality feedback which highlights successes and areas for improvement. • To have adults working with them to tackle the specific barriers to progress they face. <p align="center"><u>It is also our aim that :</u></p> <ul style="list-style-type: none"> • Children develop a lasting love of all aspects of learning which will aid and enhance their further education and life. • Children are given the opportunity to experience the widest variety of the written and spoken word possible - a vocabulary rich curriculum and school experience. This includes trips to pantomimes, art galleries and orchestral concerts. • Children develop a healthy lifestyle this is supported by Active Learning, The Daily Mile, Wake and Shake and a robust healthy eating policy. 		
<p align="center"><u>Knowledge and Skills</u></p> <p>As a school, we believe in the equal relationship between knowledge and skills in our curriculum.</p> <p align="center">We believe that:</p> <ul style="list-style-type: none"> • Knowledge can be declarative (to know that) or Procedural (to know how). • Both these forms are important and that Declarative knowledge is turned into Procedural knowledge through action and the act of applying. • Skills can be Procedural knowledge as a result of the application of Declarative knowledge. • Skills can be linked to dispositions and behaviours. <p>In short, skills often procedural knowledge and are linked intrinsically to declarative knowledge.</p> <p>We prefer to see the debate laid out as:</p> <div style="border: 1px solid black; padding: 10px; margin-top: 10px;"> <p>Knowledge → Comprehension → Application → Evaluation</p> </div>		
<p align="center"><u>Global Community</u></p> <p>We aim to equip our children for living in, and contributing to, a secure, transformative and sustainable world.</p>		<p align="center"><u>Parents</u></p> <p>"For all children, the quality of the home learning environment is more important for intellectual and social development than parental occupation, education and income. What parents do is more important than who parents are." (EPPE)</p>

Physical activity for children and young people (5–18 Years)



BUILDS
CONFIDENCE &
SOCIAL SKILLS



MAINTAINS
HEALTHY
WEIGHT



DEVELOPS
CO-ORDINATION



STRENGTHENS
MUSCLES
& BONES



IMPROVES
SLEEP



IMPROVES
CONCENTRATION
& LEARNING



IMPROVES
HEALTH
& FITNESS

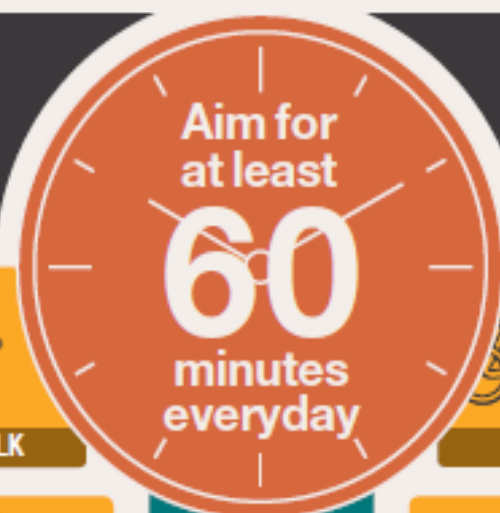


MAKES
YOU FEEL
GOOD

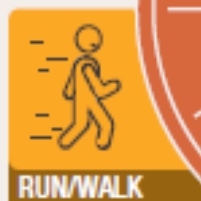
Be physically active

Spread activity
throughout
the day

All activities
should make you
breathe faster
& feel warmer



PLAY



RUN/WALK



BIKE



ACTIVE TRAVEL



SWIM



SKATE

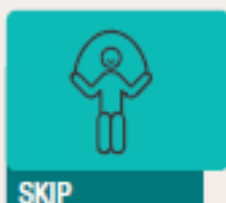
Include muscle
and bone
strengthening
activities
**3 TIMES
PER
WEEK**



SPORT



PE



SKIP



CLIMB



WORKOUT



DANCE

Sit less



LOUNGING

Move more

Find ways to help all children and young people accumulate
at least 60 minutes of physical activity everyday

Online Safety

Follow the SMART rules to help stay safe online.

Safe



Stay **safe** online by not sharing your personal information.



Meet



Do not **meet** anyone who you have only become friends with online.



Accept



Do not **accept** messages and friend requests from people you do not know.



Reliable



Not everything online is **reliable**. People online are strangers and you can't always trust everything they say.



Tell



Tell an adult you trust if anything happens online that you do not like.



Be careful what you share online!

Stop and think before you share information online.
Don't say or do anything that you wouldn't do in the real world!

