



Stillness
Junior
School

Brockley Rise
Forest Hill
London SE23 1NH
Tel: 020 8690 1416
Fax: 020 8690 6349
Email: admin@stillnessjs.lewisham.sch.uk
Website: www.stillnessjs.lewisham.sch.uk

'Working together to safeguard children'

Headteacher: Mrs Mitzi Nichol
Deputy Headteacher: Miss Kirsty Walker

8 March 2018

Dear Parents and Carers

Our 'Healthy Living' Science week is sadly drawing to a close.

The children have been participating in a variety of health-based activities. Some of these included a visit from the local dentist, analysing the nutritional value on various food items and knowing what to look for as a means of making better and healthier choices. The children also completed daily jogs to enhance their fitness and stamina.

Fantastic fitness will conclude the week. Twist Studios will be conducting 20 minute fitness sessions with the children to reinforce simple activities that encourage a healthier lifestyle. To facilitate this, the children will need to come to school tomorrow in their PE kits and/or tracksuits and have a bottle of water with them.

We look forward to the 'Healthy Living' grand finale tomorrow!

Yours sincerely

Miss M Jackman-Jones
Science Coordinator

