

Roby Park Primary School Healthy Schools Newsletter

Summer Term 1 2026 Edition

WELCOME

Welcome to Our First Healthy Schools Newsletter!

We are delighted to introduce the very first edition of our Healthy Schools Newsletter. As part of our journey towards achieving the Healthy Schools Award, we are committed to promoting positive health and wellbeing across our whole school community.

Each half term, this newsletter will keep you updated on our progress, share the exciting activities taking place in school and highlight the many ways we are encouraging our children to lead happy, healthy and active lifestyles. From sports and wellbeing initiatives to nutritious recipes and practical tips for home, there will be something for everyone to enjoy and get involved in.

We believe that building healthy habits is a partnership between school and home, and we would love for you to be part of this journey with us. If you have any helpful tips, ideas, free local services or favourite healthy recipes that you would like to share with our school community, please send them into the school office for the attention of our Healthy Schools Champions at:

✉ robypark@knowsley.gov.uk

Thank you for your continued support—we look forward to working together to help our children grow, thrive and stay healthy! ❤️

Upcoming Active Events

- 15 May: Y6 SATs Celebration
- 21 May: OPAL Family Play Afternoon
- 1 June: Tough Runner Sports Day
- 1 - 26 June: Whole School Onsite Swimming Lessons
- 7 July: Family Wellbeing Festival
- 9 July: OPAL Family Play Afternoon



Active Uniform Update

As you are all aware, our school uniform will be changing to an active uniform from September. This exciting move supports our commitment to promoting healthy and active lifestyles for all pupils.

Further details, including consultation documents, can be found on the 'Our Active Uniform' page of our school website [here](#).

Uniform items are now available to purchase via Arbor and collection dates can be found on your Arbor calendars.

Thank you for your continued support as we take this important step towards a healthier school community.

Stronger Starts Fruit

We are delighted to share the wonderful news that Tesco Stronger Starts has confirmed funding for Roby Park for a third year!

Starting in September, we will continue to receive over £3,000 to support our healthy schools initiatives. This funding allows us to provide healthy fruit and vegetable snacks for pupils at break times, helping to encourage nutritious choices every day.

It also enables us to continue and expand our popular fruit initiatives, including activities such as making fruit kebabs and offering healthier treats at special events like discos and sporting competitions.

We are incredibly grateful for this continued support, which makes such a positive difference to our pupils' health and wellbeing. ♥

Healthy School Status

We are proud to share that Roby Park has successfully achieved our Bronze Healthy Schools Award! 🏆 This is a fantastic milestone and recognises all the hard work of our pupils, staff and wider school community in promoting healthy habits and wellbeing.

This award reflects our commitment to supporting children to be active, make healthy choices and look after both their physical and mental health. From our sports opportunities to wellbeing initiatives and healthy eating focus, this achievement celebrates the positive steps we are taking together.

Well done to everyone involved. We are excited to continue building on this success as we work towards our next stage - silver status! ♥



Walk to School Week





Our school is taking part in Walk to School Week (18-22 May). The nationwide event is organised by walking charity Living Streets and designed to help pupils experience first-hand the importance of walking to school. Children will be well on their way to reaching their recommended minimum 60 minutes of physical activity per day before even reaching the school gates! Not only will it set them up for a positive day in the classroom, but it will also help create healthy habits for life.

This year's challenge, Mission Move, encourages children to travel actively to school every day of the week. Meeting our friendly cartoon secret agents along the way, pupils will learn about the important reasons to walk or wheel and its benefits for individuals, communities and the environment! Each pupil will be challenged to travel sustainably (walk, wheel, scoot, cycle or Park and Stride) to school every day for one week using the wallchart and stickers to log their journeys. Each class will work collectively to make as many active journeys to school as possible across the week. Individual activity diaries, daily stickers and end of week pupil rewards will complement this activity, reinforcing the benefits and keeping children engaged.

What do I need to do as a parent/carer?

We would ask, if possible, to make arrangements so that your child/children can travel actively to school on week commencing 18 May, helping our school reduce congestion and pollution around the school gates. In return, your child will earn special stickers and a reward trophy! Walking, wheeling, scooting and cycling all count! If you live far away from school and need to drive or take public transport, try parking the car or hopping off the bus/train ten minutes away and walking the rest of the journey. Thank you in advance for your cooperation.

Fun Fact

-  Bananas = Energy Boost! Bananas give you quick energy—great before sports or playtime!
-  Broccoli = Super Food! Broccoli is full of vitamins that help keep your bones and immune system strong.
-  Strawberries are Packed with Vitamin C! They help your body fight germs and stay healthy.
-  Healthy Food Helps Your Brain! Eating well can help you concentrate better in class and learn new things.



Stronger **TESCO**
Starts  Every little helps

