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# BEAVER ROAD M20

**Beaver Road Primary School**

Beaver Road  
Didsbury  
Manchester  
M20 6SX

Friday 11<sup>th</sup> January 2018

Dear Parents and Carers,

This week we have made such a positive start to 2019. Whilst the smell of homemade soup has wafted around the corridors, children have been practising yoga and learning to meditate in the classrooms. Our Year 6s have been leading dance classes in the hall for the younger children and so many have been inspired to try something new at lunchtime. It has also been lovely to see so many smiley, energetic faces at the Wake Up, Shake Up sessions in the mornings.

Thank you to everyone for getting so involved with our initiative. Article 24 – ‘Children have the right to good quality health care’ has definitely been promoted this week.



After their success, we have decided to make the ‘Wake Up, Shake Up’ sessions a permanent fixture.

First School - every **Thursday morning at 8.40AM.**

Junior School - **the first Tues, Wed, Thurs and Fri of the month at 8.20AM.**

As groups of Year 6 children have been choreographing the dance moves for the Junior Wake Up, Shake Up, having them once a month will give the various children enough time to devise and practice their moves.



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And now over to the Beaver Road Students...

As a Rights Respecting School, we, the children would like to invite you to dine with us as part of a special celebration of the family dining experience. This event is inspired by Article 24 of the children's convention which states that every child has the right to the best possible health care, safe water to drink, nutritious food, a clean and safe environment and information to help you stay well. This will be happening on two separate days and if you have a child in both schools, you may wish to attend one lunchtime with each child.

To twist your arm, each meal ordered will guarantee a free adult meal.  
Buy one, get one free!

We hope you can attend!

Best wishes

Sarah, Pablo, Sam, Iris, Dan, Charlie and Amali on behalf of The Children.

We will be holding our 'Dine with us' experience during Children's Mental Health Week on Monday 4<sup>th</sup> and Friday 8<sup>th</sup> of February.

We have also invited Emma Pilling, Health Improvement Practitioner Specialist – Emotional Health and Resilience, from the Manchester Healthy Schools Programme, to come into school on Friday 8<sup>th</sup> AM to speak to the children in assembly and provide a parent/ child workshop. Look out for a letter giving more details about all the events we are planning for Children's Mental Health Week, but in the meantime, please put these dates in your diary.

Best Wishes,

Ruth Byrne  
Deputy Head First School