



As part of our Hammond Heart initiative we are excited to announce that we will be taking part in Hampshire's 'We Can Week' from the **14th-18th of February**. 'We Can Week' is a celebration for Hampshire children that aims to increase children's understanding of their physical and mental well-being. The week is split into five key themes and we will be doing different activities in school each day. There are also suggested challenges for your children to do at home that correspond with each theme.

Monday 14th February

Mindful Monday – We will be revisiting our Bounce curriculum and focussing on Mindful Moments throughout the day at school.

Home Challenge – Teach somebody new one of the strategies you have learnt in school. This could be 5 finger breathing, a mindfulness story or some relaxation and visualising.

Tuesday 15th February

Tasty Tuesday – We will be learning about the importance of a healthy diet and trying some different foods.

Home Challenge – Help to cook a healthy dinner.

Wednesday 16th February

Well-being Wednesday – We will be doing a whole school Wake and Shake to energise us

Home Challenge – Spend some time together as a family doing something that you all enjoy.

Thursday 17th February

Together Thursday – We will be making connections with our local community

Home Challenge – Facetime a friend or family member

Friday 18th February

Physical Activity Friday – **School Closure Day**

Home Challenge – Explore a new place to go for a walk, see our suggestions below!

We look forward to hearing how you get on at home, we would love to see photos of your week! Below we have included some ideas to help you with some of the challenges.

Links to mindful stories –

The Lemonade Hurricane - <https://www.youtube.com/watch?v=Olqt-Ghi-zo>

The Mindful Pirate - <https://www.youtube.com/watch?v=N4sKY8smCho>

Healthy Recipes to cook –

Spaghetti Meatballs with Hidden Veg Sauce



<https://www.bbcgoodfood.com/recipes/cooking-kids-spaghetti-meatballs-hidden-veg-sauce>

Broccoli Pasta Shells



<https://www.bbcgoodfood.com/recipes/broccoli-pasta-shells>

Local Places to Explore –



Alver Valley Country Park –
Woodland walks and a great play area, there's always something to do!

Holly Hill Woodland Park – take a walk and feed the ducks



Itchen Valley Country Park –
Climb amongst the trees and enjoy the open countryside