

An update on a selection of our Rights respecting learning for Spring 2017.

We based our learning this term on [Article 24](#): Every child has the right to the best possible health.

We had a whole day school focus where each class moved around the school to investigate some aspects of [Article 24](#). See some of our learning below.

Year 3 : Environmental Issues



Year 6: Health challenges faced by children around the world



Year 5 : The Importance of Healthy Eating

Children also participated in a range of written, practical and physical activities including a healthy eating workshop very kindly run for us by Tesco.



“I learnt there is a big difference between what we have and what some children have available to them in poorer parts of the world.” Lainie, Year 6

Feeling Good Week : [Articles 24, 29, 31](#)



Children need to be encouraged to recognise that good emotional / mental health and well being is fundamental to being able to enjoy and achieve in life.

As part of Herts feeling good week all children were involved in an “introduction to Yoga” session taught and led by Vikki Kavanagh from Heartfelt Yoga. At the end of the wellness day, children listened and participated in a mindful story and meditation session.

Cedar Class

Article 6 : children have the right to survive and develop to their full potential.

Cedar class investigated what new born babies need to thrive and develop.



Nepal

We have sent some letters from our children to an orphanage in Nepal via Mark Donno, a teacher from Forres School, Hoddesdon who is visiting Nepal over Easter. We are hoping to find out some more about them and how we could support their organisation. Thank you to Marks and Spencer for the gift items.



The Daily Mile : [Article 24](#)

Last, but certainly not least, the Daily Mile gets all of us (yes staff as well!) outside for 15 minutes every morning to get our hearts pumping. Every day between 9.00am and 9.15am you will see us out in the fresh air to improve the physical, social and emotional health of our children

For our very first daily mile we joined forces with the infant school for a fund raising walk / run for the charity “Get kids Going” which Mr Douglas is running for in the London marathon in April.



Coming in the Summer term

A focus for our Unicef 8 committee is planning for our Day for Change learning and fund raising to raise funds to help malnourished children grow to be healthy and strong.

See <https://www.unicef.org.uk/rights> for more information on children's rights