



Sacred Heart Catholic Primary School and Nursery
Headteacher Mr C Beazeley
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Dear Parents and Carers,

Healthy Selfie

The importance of staying healthy and active continues to grow. Children and young people should engage in average of at least 60 minutes of moderate to vigorous physical activity each day across the week.

At school, we actively support this by delivering structured Physical Education lessons, providing active lunchtimes and offering a variety of active before and after school clubs.

Physical activity offers a wide range of benefits, including:

- Building confidence and social skills
- Developing coordination
- Strengthening muscles and bones
- Supporting better sleep
- Promoting positive wellbeing
- Improving concentration and learning across all subjects

At the start of the new school year, I will be creating a display titled '**Healthy Selfie**'. This will showcase how our families and staff stay active within the community outside of school.

I would therefore be grateful if you could upload photos taken over the summer break showing your child being active.

To upload photos, please follow the link below:

[Upload your photos here](#)

If you would like to include details of any local clubs your child attends, please feel free to add this when uploading. This will help us signpost opportunities to other children who may wish to get involved and try something new.

Kind regards,

Mr Jarvis

Headteacher: Mr C Beazeley



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