

GLENIFFER HIGH SCHOOL

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Renfrewshire
Council

Children's Services

Head Teacher: Lisa Chalmers

Our Ref:

Date: 14th May 2024

GLENIFFER HIGH SCHOOL S1-3 HEALTH WEEK

Dear Parent/Carer

In the week beginning 20th May we will have our annual focus on health. I have included a timetable of events throughout Monday-Wednesday which will promote Health and Wellbeing for pupils in S1, S2 and S3. This will include physical, social and mental health.

To make things easier and for this week only, **we are allowing pupils to come to school non-uniform but they must be dressed to take part in physical activity.**

S1 and S2 Great Glenny Walk

S1 and S2 pupils will participate in the Great Glenny Walk on Wednesday afternoon, weather permitting, which is heavily supervised by staff. This activity follows a well-planned route, where pupils take an afternoon walk from the path on Foxbar Road through Gleniffer Braes. Water and fruit will be provided on their return, however it would be advisable to have a bottle of water to hand. Footwear should be suitable for walking the path, and in the event of rain a waterproof jacket. However, if the weather is poor, we will not run this event. Pupils will be back in school by the end of the day and supported by staff throughout. This is an enjoyable outdoor activity, promoting our community and the benefits of physical activity.

Out with planned activities, pupils will follow their normal timetable where lessons will focus on various aspects of health including embracing culture and safeguarding.

The week finishes with activities day on Thursday and Friday is a local holiday.

We hope the young people enjoy the activities on offer and have a great week!

Kind regards

Lisa Chalmers
Head Teacher



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