



ROCKLIFFE MANOR  
PRIMARY SCHOOL

Headteacher: Aimi Vdovin  
Associate Headteacher: Nancy Cook  
Bassant Road, Plumstead, London SE18 2NP  
T: 020 8854 4785  
E: [info@rockliffemanor.greenwich.sch.uk](mailto:info@rockliffemanor.greenwich.sch.uk)  
[www.rockliffemanor.co.uk](http://www.rockliffemanor.co.uk)

Thursday 8th September 2022

Dear Parents/Carers,

**Re: Year 4 Wellness Wings Programme**

We are pleased to share with you that this half term Year 4 will have the opportunity to develop their physical fitness and wellbeing through a Wellness Wings Programme provided by Welling United Academy.

The sessions will run for 10 weeks and take place on Wednesday mornings from 10.30 - 11.30am. This will begin as of next week, **Wednesday 14th September.**

Over the 10 weeks, the children will have the opportunity to learn things such as; understand what a balanced and healthy diet looks like, how sport affects our mind and mood, active time vs screen time as well as physical education and learning how to measure our pulse. The children will spend the first 30 minutes in class learning about these topics, followed by the final 30 minutes outside playing games related.

Please can all children ensure they bring their kits with them on Wednesday's in addition to their PE days.

**Compulsory PE kit**

- White PE t-shirt with the Rockcliffe Manor logo (available from JK Clothing)
- Navy PE shorts
- Navy Jogging Bottoms
- Trainers or plimsoles

If you have any further questions, please do contact us.

Yours sincerely

Nancy Cook  
Associate Head teacher