



Headteacher Update



2024 - 2025

Year 5 and Year 6 parent update – Monday 2nd June

Old Basford School has been given the exciting opportunity to work with 'Thriving Nottingham' who are a Nottingham City based organisation who are supporting 'Nottingham residents with innovative, engaging health and wellbeing programmes.' [Thriving Nottingham | Helping you to live well and feel great](#)

Over a 5-week programme the pupils will take part in workshops focusing on different areas on mental and physical health. The teachers will be present throughout the sessions but they will be led by Thriving Nottingham leaders. The sessions are on Thursday 5th June, 12th June, 3rd July, 10th July and 17th July.

At OBS, we take pride in the wider curriculum we provide our children and this is another aspect of life learning. We hope that the children all gain a greater knowledge and understanding of their own health and are able to come home and share some facts with you all.

thriving
NOTTINGHAM

Healthy lifestyle schools programme

A 5-week, fun filled programme supporting children in making healthy lifestyle choices

Nutrition Hydration Movement Mind Sleep

Classroom based learning with fun activities every week

Activities include;

- Making fruit kebabs
- Creating fruit flavoured water
- Designing physical exercises
- Making lavender sleep bags
- Quizzes & 'mission' setting

1hr sessions
Suitable for ages
9-11yrs

FREE for all primary schools in Nottingham City areas

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Nottingham City Council

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