



# Merry Hill Matters

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## Next Week - Healthy School Week

We're all looking forward to Healthy School Week, which starts on Monday. **As part of the fun, the children can come to school in shorts and t-shirts every day.** Just for Healthy School Week, children can wear trainers if they have them.

## Walk to School

Please remember that Healthy School Week is also Walk to School Week. Please park in the Golf Club Car Park or just a little bit further away from the school than you would normally - but **please do not park near the school.** We want every child to feel that they have done their bit by walking to school with their friends.

## In case you're undecided...

Did you know that the morning 'school run' is one of the most polluting journeys you can make? Cars produce more pollution (per kilometre) on short journeys, when the engine is cold and the car keeps stopping and starting in traffic jams. The list of pollutants coming from car exhausts is not pleasant reading. It includes:

- Carbon monoxide - a poisonous odourless gas
- Carbon dioxide - a major cause of global warming
- Benzene - which can cause cancer
- Particulate matter - minute specks of soot (a tenth of the width of a human hair) which can enter the lungs and make breathing harder

More worryingly, **research has shown that the levels of pollutants inside a car are at least 3 times worse than on the pavement at the side of the street** - so driving to school isn't just bad for the environment, it is bad for your health! Walking to School is a great way for you to 'do your bit', in the same way as recycling your bottles or turning off lights. We want to encourage everyone to consider how they travel to school, and try walking to school for Healthy School Week.

## Kids Cook Quick

As the weather starts to get warmer, you are encouraged to:

- Apply factor 15+ suntan lotion to your child before they come to school.
- Send your child to school with their own named suntan protection.
- Send your child to school wearing a wide brimmed or legionnaires type hat.

Please note that the before-school application of suntan lotion should last through the morning playtime and that children will only be asked to re-apply before lunchtime. Children will not be allowed to share suntan lotion.

## Key Rings

Please can I ask that children do not add lots of key rings to their book bags? I know that some younger children use the key rings to help identify their book bags, but please limit it to just one.

## FREE Lions Club Summer Funday

### Metropolitan Police Bushey Sports Club

The Lions Club is organising a **free** fun-packed day for people with disabilities, their families and carers on Sunday 6th June, 11.30-4.30pm. A variety of activities have been planned, including bouncy castles, giant slide, games of skill and fun in the sideshows, music and lots of entertainment for all the family. Access for wheelchairs will be available both on the field and in the Club House. A registration form is available from the school office.

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