

Forest Approach News

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Message from the Head teacher:

Dear Parents / Carers

I hope you are all enjoying your first week back 'home schooling' and that you were able to enjoy the wonderful weather we had over the half term break.

We are very busy at the school, undertaking risk assessments and looking at rota's to ensure that when we are able to welcome our students back, it will be under the safest of circumstance for both them and staff.

I would like to thank you for your support and engagement with the teachers throughout this lockdown. It makes me very happy to know that our students are not missing out and happily engaging with their home learning.

I hope you all have a lovely weekend.

Stay Home, Stay Safe

Kind Regards,

Mary Bickmore

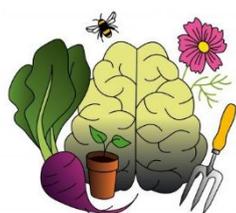


Mary Bickmore

National Growing for Wellbeing week 1st-7th June

It's National Growing for Wellbeing week this week. Set up by gardening and wellbeing therapy organisation, Life at No.27, the week is a celebration of the magic that growing your own produce can do for your wellbeing, both physically and mentally.

Have you been growing any fruit, flowers or vegetables at home? We'd love to see some photos if you have!



NATIONAL
GROWING FOR
WELLBEING WEEK
1st – 7th June 2020

School remains closed. Please continue to check our website and social media for daily updates

Move for Tourettes



You set your own goal and choose where, when and how to complete your challenge anytime during the month of June. It could be a 5k family dog walk, 10k run, 10,000 steps-a-day fitbit challenge, skipping every day for a week or a 20-mile cycle. The only limit to your challenge is your imagination – and the current social distancing restrictions of course!

Bike Week 2020

Bike Week 2020 will be online from 6 to 14 June

We realise in these uncertain times, helping people to come together to ride may not be possible, so we're holding a series of fun Bike Week events online this June.

Cycling remains a great way to keep fit and active and is a good way to boost immunity, it's also great for your mental well-being.

