



CANFORD HEATH INFANT and JUNIOR SCHOOLS

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TEACH Trust Poole

Trust Excellence Aspiration Collaboration Honesty



Article 29: Children have the right to develop their personality and talents to the full.

9th June 2026

Dear Parents/Carers,

Sports Day and Healthy Picnic

The children at Canford Heath Junior School will be competing for their house teams in their respective school sports days on the following dates;

Year 3 – Wednesday 24th June
Year 4 – Wednesday 24th June
Year 5 – Tuesday 23rd June
Year 6 – Tuesday 23rd June

The events will be starting promptly at 9.15am, with parents being allowed onto the field from 9.00am. If the weather forecast is not favourable, we will advise you via the Arbor app by 8.15am to advise whether sports day will be postponed, however if going ahead, please ensure sun cream has been applied before school, and that a sun hat is brought into school. The children will be able to take their drinks bottle around with them and keep refilling it.

The format will be similar to that of previous years, a circuit of activities followed by races.

The children will be competing in house teams, so we ask that your child brings in their PE t-shirt in the colour of their house (as outlined below), and their PE kit. They should wear their uniform to school.

Neptune – Blue

Saturn – Red

Jupiter – Yellow

Mercury – Green

We would also like to invite you to join your child for a healthy picnic lunch on the school field from midday, after the events have been completed. We have attached some healthy picnic ideas which you may find useful.

To help the children keep safe in the sun, we have purchased a number of gazebos which if sunny, will be set up around the field where they can fill up their water bottles, or get a drink if they require one.

If it is very hot and sunny, we will take the children inside between the two sections of the day, so that they can have some time in the cool and out of the direct sunlight to have a drink and a snack. Also, if it is very hot, we will also picnic in the classrooms.

If you have ordered a hot school meal for your child on this day, it will automatically be converted to a packed lunch which your child can enjoy with you on the school field, however if you prefer to provide a picnic lunch from home, please ensure you cancel your order with Forerunner by midnight on **Monday 15th June**. We do hope that you can join us.

Yours faithfully

Mr Mark Wilson
Headteacher



Canford Heath Infant School

Canford Heath Junior School



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Canford Heath Junior School Healthy Picnic Ideas for Sports Day

- Sandwiches (serve on whole wheat bread, pittas, or in a wrap)
 - Turkey or chicken breast
 - Chicken salad with grapes
 - Tuna salad with apples
- Salads
 - Pasta salad with chopped veggies of your choice (zucchini, tomatoes, and peppers work well)
 - Cherry tomatoes, basil, and mozzarella tossed with olive oil and vinegar
 - Greens with grilled chicken
 - Carrot and raisin salad
 - Fruit salad
- Replace fried potato or tortilla chips with baked chips (serve with salsa and/or guacamole)
- Fruit kebabs with yoghurt dip
- Chocolate dipped strawberries
- Watermelon
- Vegetable trays with baby carrots, sliced cucumber, broccoli and cauliflower florets, cherry tomatoes, celery sticks and a low-fat dip
- Assorted cheeses and crackers
- Hummus and pitta bread
- Grilled veggies (squash, peppers, mushrooms etc.) with cheese in a brown or whole wheat roll



Enjoy your healthy picnic!



Canford Heath Infant School Canford Heath Junior School



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