



# Hollinswood Primary School and Nursery

Headteacher: Mr G Atkinson BEd(Hons)



Dale Acre Way, Hollinswood, Telford, Shropshire TF3 2EP

Tel: 01952 386920/386930

Email: a2200@telford.gov.uk

Web: <https://hollinswoodprimary.co.uk>

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## Cool Kids

Cool Kids is an exercise programme produced by the Occupational Therapy Department in Wolverhampton. Its aim is to enhance children's learning by improving co-ordination, motor development, organisational skills and concentration. The programme was piloted in 2004 in Wolverhampton and the results were very encouraging as children made more than their expected progress in handwriting, written work and reading. Telford and Wrekin Children's Occupational Therapy Department, are now supporting its implementation in schools in Telford.

Teacher's comments from participating schools about the children were as follows:

- they enjoyed the activities
- their ability to listen improved
- more confident behaviour
- better poise
- fidgeted less and kept 'on task' for longer
- developed better motor control.
- Improved early morning organization

Some of our staff have received Cool Kids training and we will run this programme in school.

As the programme will take place before the school day, children will not miss any of the curriculum. Indeed many schools have reported that another of the outcomes of the programme is that children start their school day more focused and alert.

The first session will begin on **Monday 26<sup>th</sup> September at 8.30am** and will run on **Monday, Tuesday, Wednesday and Thursday** mornings before school.

I should be grateful if you would complete the attached form and return to the school office, agreeing for your children to participate in Cool Kids. If you have any queries, please see Mrs Newbrook.

.....  
Name of child..... Base .....

I give permission for my child to take part in the Coolkids program.

Signed.....Parent / Guardian